



4.4 Heroes In Our Midst

What.

An activity that gets participants to focus on and recognize the qualities they admire in other people.

Why.

Paying attention to positive qualities in others can serve as inspiration and help participants both foster those same qualities in themselves and appreciate our common humanity.

How.

Each week, have a participant share their hero with the group. Ask them to explain what they admire about their chosen hero, as well as the ways in which they are similar and different. After the participant has shared, begin a group conversation using the suggested dialogue prompts.



Tip

Teenagers with positive role models have greater self-esteem and a compass to guide them towards success.

Core Competencies

Social Awareness

Materials

None

Time

15 minutes



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DIALOGUE PROMPT

- How would you insert the qualities that you admire in your hero into your life?

DIVE DEEPER

- Ask the group to create a collage of their favourite heroes, and set an intention to embody one of their heroes' qualities for the remainder of the week.