

## Lesson 10: Heroism

### PURPOSE

To motivate students to embody the heroism of resilience in their daily lives.

### LEARNING OBJECTIVES

By the end of the lesson, students will be able to:

1. Understand the main characteristics of heroism.
2. Recognize Nick Vujicic as a person who embodies the heroism of resilience.
3. Help students to develop traits of heroic resilience.

### VOCABULARY

- Heroism: possessing habits of excellence

### MATERIALS & RESOURCES

- [Video](#): Nick Vujicic's Speech "Never give up"
- 10 Good Things About Myself
- Gratitude Diary

### PROCEDURE

**Step 1:** Review the previous lesson. Recall the definition of habits and the ways in which habits are developed. Highlight the importance of resilience and the characteristics of resilient people. Ask the students if they have practiced resilience with the tools they learned about in the previous lesson and motivate them to continue to do so. Ask students if they have been completing their One Nice Thing a Day worksheet and if they're noticing any improvements in their relationships with others.

**Step 2:** Explain that in this lesson, the students will deal with the topic of heroism and how they can embody it. Also, the class will learn about the example of a person who embodied heroic resilience in his life so that they can learn from this person and become heroically resilient themselves. Highlight that the purpose of this lesson is not to talk about imaginary heroes from movies and comic books, but to learn about real people who embody heroism.

Write the vocabulary definition on the board:

Heroism: possessing habits of excellence

**DISCUSS SOME IMPORTANT TRAITS OF HEROISM:**

- Heroes are not born, but heroism is developed through the everyday practice of excellent choices
- Heroism is about possessing different habits of excellence
- Heroism involves sacrificing for others
- Heroism is not about never making mistakes, but about always trying to get back on the right track after making a mistake
- Heroism is enhanced by excellent friendships

Ask the students to comment on each of the traits and whether they would add any others.

**Step 3:** Ask the students if they know some people from history, culture or their community who embody resilience to a heroic degree. After listening to the students' responses, introduce Nick Vujicic (pronounced: nik voy-uh-chich) as one example of heroic resiliency. Nick is a person who was born without arms and legs. Nevertheless, he did not let this obstacle keep him down, but rather, he chose to grow as a person and help others.

For the class to learn about Nick's story, play the [video](#) *Nick Vujicic's Speech "Never give up"*.

After watching the video, lead the class discussion by asking the following questions:

- What about Nick's speech inspired you most?
- What lessons from Nick's life did you find most useful?
- What are the characteristics of resilience (that we talked about last lesson) that you think Nick embodies?
- What heroic traits do you think Nick possesses?

After listening to the students' comments, explain that Nick faces challenges that are bigger than what a lot of people face. However, Nick responds to these challenges in a resilient way. He uses the challenges to grow stronger and inspire others to do the same. He sees obstacles as opportunities for growth and learning. Also, despite not having arms and legs, Nick developed a strong identity and a positive view of himself. He is grateful for all the good things life has for him. From his story, it is clear that he has built quality relationships with others, which support him in hard times. After this video was recorded, Nick was married and now has a family of his own. His strong sense of meaning and purpose motivates him to move forward and to never give up, to keep trying to find the positive side of difficult situations.

Nick also embodies certain heroic traits. Through his example, it is clear that heroes are not born, but that heroism is acquired through the everyday practice of excellent choices. Nick admits that he struggled with his challenges for a long time and through this struggle, he developed heroism. As is clear from this video, when he talks to students, he tries to help them to overcome their own challenges and obstacles. Nick is quick to admit that he does fail sometimes, but that he always gets up afterwards. All of this elevates his resilience to a heroic degree.

**Step 4:** Two of the resiliency traits that Nick embodies are 1) being grateful for everything that life brings and 2) developing a positive view of oneself. Despite having no arms and legs, Nick is a person who is grateful for everything he's received and has many gifts and talents.

To encourage students to view themselves in the same way, despite having flaws or maybe even disabilities, have them try to recognize 10 good things about themselves. Give each student two worksheets – [10 Good Things About Myself](#) and [Gratitude Diary](#) – and ask them to fill them in.

After everyone finishes, ask the students what they thought about the exercises and if they found them helpful. Since many answers might be personal, tell them that they are not required to share unless they would like to.

Motivate the students to use these tools in their lives going forward. Encourage students to spend 10 minutes each day working on these worksheets. This will improve their habits of resilience and gratitude and build higher self-esteem.

**Step 5:** Summarize. Highlight some of the things that constitute heroism, recall the definition of heroism and Nick Vujicic as an example of someone who embodies heroism of resilience. Conclude by reviewing the important traits of heroism and motivate students to practice these heroic traits in their own life.

## **10 GOOD THINGS ABOUT MYSELF**

Think about 10 things that are good and valuable about you and write each of them down.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Practice this every day. You can sometimes repeat what you've put, but think about new ones too! By practicing this, your view of yourself will grow in positive ways as you realize your many good qualities. You have so many excellent qualities to feel confident about.

## GRATITUDE DIARY

Think about everything that you did in the last 24 hours in detail. Recognize 10 things that you are grateful for. Remember, those can also be small things! (e.g. I'm grateful for my Grandma who drove me to school and asked how I was doing. I'm grateful for the teacher who smiled at me in the hallway.)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Do this every day and see how your outlook on life will change! (You may even realize that YOU have the power to change someone else's day, with a smile in the hallway, too.)