



2-2 Quick Guide to Breakout Activity Options for Lesson on *Connecting with a Personal Hero*

Reading Aloud activity: We recommend the following books that embody the themes of this lesson plan. After reading each book aloud, ask the children how it relates to the idea of connecting with a personal hero. Children may draw pictures of the story as they listen or afterwards.

- [I Promise by Lebron James](#)
- [Superheroes Are Everywhere by Kamala Harris](#)
- [Harvesting Hope: The Story of Cesar Chavez by Kathleen Krull](#)

Physical activity: Play various physical games incorporating superhero themes.

1. Superhero Tag: Have the kids form a big circle. The tagged person stands in the middle. A superhero saves them by using their superhero powers to run, jump or fly into the circle to rescue the tagged one. The rescuer becomes the new tagged person. Repeat.
2. Hero charades: Each child gets a chance to act out a heroic everyday action, and the other students guess what the child is doing. (i.e. picking up trash, rocking a crying baby, cooking a meal, reading a book aloud to a younger child, etc.)
3. Team Tasks: Organize children into teams. They will come up with their own heroic tasks.
 - a. Each member of the team must complete a Team Task card (ex. Do ten jumping jacks, dribble the ball and make a basket, run to the cone and back twice, etc.)
 - b. Children must work together to decide which student's strengths would be best suited to each Team Tasks. Focus on the group's needs, not their individual wants.

Drama/Theater activity: Invite kids to form groups and create a skit about this week's theme, which is *Connecting with a Personal Hero*. Below are prompts:

- "You are on a survival trip in the woods with your friends. You each need to come up with a job that you will do to help keep the group alive. Imagine your personal heroes are there providing advice and support. What would they say to help?"
- "There is a new child in your class who needs to pick a personal hero but has never seen any shows about heroes. Take turns describing your favorite heroes to help them learn about what it means to be a hero, and help the new child pick a hero of their own."

Visual Art activity: Each child will make a personal hero posterboard.

- Each child will create a posterboard that represents their personal hero.
- Visual representation can be abstract or concrete, and can include found items, drawings, family photos, magazine clippings, etc., that can be pasted onto the board.
- Children can use markers to decorate, draw and write on their board.
- You can also provide sheets of superhero stickers or stickers of favorite characters.
- Each child can share their finished poster with the group, if they prefer. You can also hang them all up on a "wall of personal heroes" before eventually sending them home.