

The hero inside

Group activity worksheet



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Written by teachers for teachers

The hero inside

You will need:

- to sit in groups of four

The purpose of this unit is to explore elements of leadership and become aware of times when we were a leader, of times when we were a hero.

Action:

Look at these definitions of a leader/ hero. We are a leader/hero when:

- when we influence situations and people
- when we think of others beyond ourselves
- when we respond to situations positively and instinctively
- when we make a difference to the people around us
- when we are part of creating change.

Being a leader is not necessarily being famous, being on a world stage or being voted the head of a group. Being a hero happens every day in ordinary situations.

Examples: I took my mum a cup of tea because she was down.

Although usually I am quiet, I stuck up for my friend when he was being bullied.

I helped Jake with his homework when he didn't understand.

I passed my guitar grade 1 exam even though it was really difficult.

In football, it was my pass to Steve that he scored from.

As a group, think of examples of people who have been leaders or heroes at various times in various situations.

Now in your groups of four, take turns to tell the group about a time when you were a hero, when you made a difference to a situation at home or at school or anywhere else. Keep going around the circle until you have each described at least three occasions.