

# What is a Hero?

## Heroes for the Future – Session A

### Learning Objective:

- a) to introduce the Heroes programme,
- b) to think about the characteristics of a hero
- c) to consider whether celebrities are suitable as heroes/role models.

**Resources:** Internet access is helpful although not essential for this lesson.

### Introduction - 10 minutes

The Heroes for the Future programme is designed to raise aspirations by focussing on the stories of heroes and role models. There are three parts to the programme – classwork, a workshop and the chance to meet a hero.

### Brainstorming Session – 30 minutes

*What is a hero?*

Consider the qualities that a hero should have and create a list on the board.  
Does anyone in the class have a hero? If so, do they fulfil the criteria?  
Consider different types of heroes that children are familiar with - superheroes, fictional heroes, historical heroes etc.  
Do students know any real people they consider to be heroes?  
What kind of heroes might you meet in real life?  
Can children be heroes?

Come back to – ‘What makes someone a hero?’

### A definition of a hero – 25 minutes

Ask children to write down their own definition of a hero. They can use dictionaries, the internet or the list of quotes provided on page 25 to help them if you like.

### The difference between a celebrity and a hero? – 25 minutes

Brainstorm again as a whole class.  
Create a list of the differences on the board.

Heroes for the Future – Life is an Adventure! Get excited about it!