

Tips on training a hero

Your child probably has 'heroes' who they look up to. It could be you, a superhero, or maybe the fish n' chip shop owner who adds chicken salt for free. As our children grow older we need to encourage them to believe they can be a hero themselves! Our world faces a lot of challenges but every single one is an opportunity to make a positive difference. Every family has values they want to pass on to their children, and empowering them to look beyond themselves is a great way to do that.

Read through the next page and complete the activity, and then work through pages 3-4 with your little hero.





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They are still in training

It is very natural for young people to question and challenge family values and beliefs. Some they reject, some they accept and, in some cases, they re-knit the threads of your core values to fit their world. They are a Jedi-in-training and still need your guidance. The exercise on this page gives you a chance to discuss your values and the reasons behind them.



Activity

Values are the code that guides a hero's life, that help us make decisions and remind us how to treat the people around us. Read through this list of values and circle the five that are most important for you to pass on to your child. (Add as many others as you would like).

Peace	Generosity	Power	Honesty
Health	Intelligence	Wealth	Popularity
Happiness	Friendship	Justice	Self-esteem
Kindness	Fame	Optimism	Family
Success	Faith	Respect	Wisdom

Now write them in order of importance to you and compare them with what your child has chosen.

Celebrate character

The best way to teach character is to celebrate it around the home. Say things like, "Jenny! You didn't grumble when I gave the big half to your brother! You are a kind sister." "Alex, I love how you always think about others and help me load the dishwasher. Thanks for being so helpful!" "Sam, you gave all of your pocket money to World Vision for kids who need it more than you! You are so generous."

Develop understanding

Give your children plenty of opportunities to help others around the world and in your own community. Help them to understand that not everyone has the same opportunities as they do and show them how they can make a difference. Many families sponsor a child together or give up something in the weekly supermarket shop so they can give it to a local food bank instead.

Lead the way

One of the best ways to guide children is to openly demonstrate your values and be clear on your expectations. Once you have completed the values activity (left) with your little hero, try writing your top five on a piece of paper and putting them on a fridge as a daily reminder for the family to see.

Questions to discuss with your child

- Which people in the world do you think need a hero the most?
- Can you imagine what it would be like to be in a war, flood or famine?
- How did you choose your top five values? And why did you pick those ones?
- How can you make a positive difference in the world?
- What makes a good hero?
- If you can help someone, do you think you should?

Be a hero

There are people all over the world who need a hero! Not just the people in the cartoons, people in our world too. Our world needs you to be a hero. You may even have thought about being a superhero one day and imagined what power you would have. Would you be able to fly? Or be invisible? Or be able to eat Weet-Bix without milk?

You might not have any superpowers yet but you don't have to be super to be a hero. Using the abilities you already have, you can be a hero and help people all over the globe.



Be a hero

You might not realise how powerful you really are (unless you can lift all the groceries from the car in one trip). But you actually have the power to make a massive difference in the lives of others. So apart from wearing undies on the outside of your pants, what makes a hero?

Heroes help others

Villains are always trying to destroy cities, hurt people, and strap laser beams to sharks. Heroes are the ones that save the day. Practise being a hero by looking out for people that need our help. If you learn about people in the world in trouble because of war, famine or disease then ask yourself - how can I help? Heroes don't wait for someone else to save the world. They give it a go!

Heroes do the right thing

Heroes have a code they live by. What is your code? This is usually based on the values that guide your life. This is how you know what the right thing to do is. The right thing to do isn't always easy. But the easy thing to do isn't always right either.

Heroes never give up

Helping people all over the world is hard work. It might not seem like your effort is making a big difference, but it is. In every hero movie the good character wins but usually it's really hard and at times they think about giving up.

"If you can't do great things, do small things in a great way."

Napoleon Hill

Activity

Values are the code that guides a hero's life, that help us make decisions and remind us how to treat the people around us. Read through this list of values and circle the five that matter most to you.

Peace	Generosity	Power	Honesty
Health	Intelligence	Wealth	Popularity
Happiness	Friendship	Justice	Self-esteem
Kindness	Fame	Optimism	Family
Success	Faith	Respect	Wisdom

Now write them in order of importance to you:

Questions to think about

- Are there any other values not in the list that you would add?
- Where do we get our values from?
- Why are these values important to you?
- Who else do you know who shares these values?
- What decisions have you made in your life that show you use these values?
- What situations could you imagine/think of that would challenge your values?