

Dress as a Hero Day



Activity Objective

Dress as a Hero Day creates an opportunity for children to learn about values and share what they admire in others in a group environment. A hero is usually defined as someone who has courage, outstanding achievements, or noble qualities; but for us at Help for Heroes, it's anyone who joins the Armed Forces, knowing that one day they may have to risk everything to protect the safety of our country.

This class uses real life stories, research and role play in order to aid communication in the classroom and is intended to educate children on the challenges facing those with a disability. It will also help to instil an understanding of adversity and how through feats of ingenuity, bravery or strength – the beneficiaries of Help for Heroes have triumphed after sacrificing their own personal concerns for a greater good.

The lesson will culminate in a fun, expressive Dress as a Hero Day, the outline of which children will devise for themselves and can be combined with other activities, including 'Bake for Heroes' or 'Heroes Hat Trick'. Pupils will be invited to choose a person that they regard as being a hero based on their interpretation of the definition of the word. This can be anyone, including family members.

Lesson Structure

Research & Discussion

The structure and timescale of this activity can be spread out over a period of time. An introduction class using the video of Si Brown and fundraiser, five-year-old Tempy, would be shown to the children followed by a discussion on how they have both inspired each other.

Children can be prompted to discuss their interpretation of the film to explore their emotional reaction.

Part of Tempy's challenge meant riding a bike which she was scared to do.

- Have you ever done something that you were scared to do?
- If so, what was it and how did you overcome your fear?
- Why do you think Tempy rode her bike, even though she said she was scared?
- How does Si say that Tempy has helped him?
- Have the children ever done anything to help someone?
- Who, why and how did they help?

- How did they feel afterwards?
- Could they be more helpful to other people?
- Who could they help and how?
- Think about classmates, siblings, and grown-ups – you could include teachers here!

Si and Tempy call each other their heroes.

- Why do you think Si is Tempy's hero?
- Why do you think Tempy is Si's hero?

Who is your Hero? - English (Research & Discussion)

Subsequent classroom discussions and home work exercises can be designed in order to support the overall objective. Pupils will be encouraged to engage in active decision making. They could be asked a number of questions to help them arrive at a decision of whom their hero is, then subsequently write a short essay of 200 words maximum on who they have chosen and why. If the children are writing about someone they know personally, why not suggest they fill out a Heroes Certificate for their hero.

Have a discussion with the children around the word 'hero'.

Ask the children if they know
what the definition of a 'hero' is?

What do they think makes someone a hero?

Who are their heroes
and why?

Encourage a conversation about our Armed Forces and Help for Heroes using research materials provided as part of the pack.

Why do they think we
call them heroes?

Ask the children to write
about who their hero
is and why?

Activity Objective

English (Research & Discussion)

The overall aim is for the children to identify their 'hero' and ideally to dress as that person as part of 'Dress as your hero Day'.

Fundraising Opportunity

- Use your 'Dress as your Hero Day' as an opportunity to fundraise and ask the pupils to donate a set amount.
- The activity could be combined with a 'Bake for Heroes' or 'Heroes Hat Trick' event

Teachers Notes

Use our Reference Document for information on Help for Heroes and our Armed Forces.
Visit helpforheroes.org.uk

My Hero is...



A large writing area with a vertical red margin line on the left and horizontal blue lines for writing. At the bottom of the page, there are three labels: 'Name:', 'Class:', and 'Age:'.

Name:

Class:

Age: