

Heroes Fun 30



Activity Objective

Being active and learning new skills is an important part of recovery for wounded, injured and sick and women and helps to promote healthy lifestyles and emotional wellbeing. The Heroes Fun 30 activity is designed to help children experience new things and learn new skills. Children should be encouraged to try different activities to give them an understanding of how rewarding it can be to experience new things, whilst gaining an understanding that, while challenges can sometimes be difficult, ultimately perseverance is rewarding. The activities are designed to be free or low cost in order that the children can actively participate.

Lesson Structure

Beneficiaries of Help for Heroes have amazing stories of courage. An excellent example is that of Anita Bartram, a Former Army Nurse who is now dependent on a wheelchair. Anita has taken herself out of her comfort zone to try new things and has re-discovered old passions, but also found some new ones. The children should be encouraged to read Anita's story to see how she has triumphed over adversity.

Activities and Key Questions

Raising Aspirations (Activity & Discussion Session)

Read Anita's story. Anita said that she felt very apprehensive when she started to play second horn parts as part of a band and had to pluck up courage to play in public for the first time in 25 years. Anita found that even as a grown up, it can feel daunting to try something new, but is now playing solo horn parts and has a great sense of achievement.

- Can the children discuss how they think she felt before and after she joined the band for the first time?
- Can the children think of a situation where they have struggled to do something, but have then succeeded?
- How did they overcome it?
- How did they feel afterwards?
- Is there something that they would like to achieve or a skill that they would like to learn?
- What could they personally do to achieve these?
- Can the other children in the classroom think of ideas to help them?

This gives the children a chance to understand that sometimes things might not be achievable, but gives all the children a chance to think of different solutions or what they could achieve.

Anita has tried lots of new activities, including travelling down a mountain at 40mph, head first! Anita says **"I realised that I would rather do too much and be in pain, than do nothing and still be in pain!"**

What personality traits do the children think describe Anita's attitude to life? We think brave, courageous, positive, inspirational are a good starting point!

Encourage children to choose some of the activities shown on the 'Fun 30' sheet, aiming for ones they haven't tried before.

Later, discuss which activities they chose and why.

- What did they enjoy or dislike and why?
- Did they enjoy doing something new and why?
- What do the children think are the benefits of trying new things?
- What do the children think are the benefits of being active?
- What do the children think are the benefits of being outside?

Physical Education

- The children could try a new sport or physical activity
- They could be asked to choose 5 activities from the list, making sure that at least one option involves being outside and one involves being physically active
- Take the children out in to the playground or local park to try some of the activities

Art & Design

- Appoint a class photographer who can help to coordinate photos of the activities and then involve the whole class in the creation of a poster; either on their own or as a group
- For a homework activity, encourage the children to take a photo of themselves taking part in an activity and then create a poster around the photo

English (Writing & Discussion)

- The children could write about the activities they completed and include details of what they liked or disliked and explain why
- Explain why they think it is important to try new things
- Can they think of any other activities that all children should try that aren't currently on the list and explain their reasons?
- Read aloud their own writing to the whole class or a small group

Heroes' Recovery

Anita's story

Anita Bartram, a former Army Nurse from North Yorkshire, is dependent on a wheelchair to get around her home after a complication following an operation whilst serving in the QA Royal Army Nursing Corps.

Anita was referred to Help for Heroes to get help and support. Through that, she has developed a love for art, learnt to ride a horse, swims regularly and has discovered that there are bikes that enable her to go cycling – on and off road.

At school, Anita was a keen athlete – playing hockey, netball and competing at national level in Judo. She is now taking part in more sport than she has done for more than 20 years but being on a bike in the fresh air is what she is enjoying the most.

An opportunity arose for Anita to join the Help for Heroes team in the Macavalanche which is a Scottish endurance event on a mountain in Glencoe in Scotland. Not only was Anita the only female team member, but she was also the oldest, as she was 54 years old. Also, her riding position on an adapted off-road trike, meant that she cycled down the snow-capped mountain head-first!

“It was brilliant!” said the former Army nurse.
“I used a hand trike which I had to kneel on and go head first, at speeds of almost 40mph. I had a good team behind me and just thought the whole thing was amazing.”

Additionally, Anita plucked up courage to play her E-flat tenor horn in public for the first time in almost 25 years by joining a Community Band.



“Going back to a band has been just great – being part of a team, learning new things and feeling useful gives me a sense of achievement and quite a buzz.

I went back feeling very apprehensive and started playing second horn parts. Now, I am playing solo horn parts and thoroughly enjoying it – and playing is helping my chest problem as well.”

“I realised that I would rather do too much and be in pain, than do nothing and still be in pain! I am desperately looking for something else to keep challenging myself. I am open to suggestions!”

Heroes Fun 30

Getting active and learning new skills is an important part of recovery for wounded, injured and sick Servicemen and women and helps to promote health and emotional wellbeing. Learning new skills and trying different things is very rewarding, so pick some activities from the list that you haven't tried before and have fun!

Please make sure that you have a responsible adult with you when trying these activities.



11. Lie on the grass and spot shapes in the clouds



20. Make a birthday card for someone

