

## **A Hero's First Bounce – Curriculum Back Matter**

### **For Grown-Ups and Educators**

Thank you for reading \*A Hero's First Bounce\*! This story is part of the Grow With Me edition of The Hero Book Series, written to support early literacy, confidence-building, and social-emotional learning (SEL) for Pre-K to 1st grade learners.

Use the following pages for classroom discussion, home learning, or quiet reflection with your child or student. Scan the QR code below for free printable worksheets, answer keys, and more.

### **Weekly Lesson Plans – Part 1**

#### **Week 1 – Understanding Feelings Through Bennett**

Focus: Identifying emotions in Bennett's actions

Activity: Match-the-Feeling worksheet (faces + scenes)

Vocabulary: bounce, proud, nervous

#### **Week 2 – Friendship and First Games**

Focus: First steps in social play (meeting others, passing ball)

Activity: Drawing page - 'My First Friend'

Vocabulary: pass, try, friend

## **Weekly Lesson Plans – Part 2**

### **Week 3 – Confidence and Encouragement**

Focus: Support from parents and trying again

Activity: Writing prompt - 'I feel proud when...'

Vocabulary: special, brave, try again

### **Week 4 – Reflecting and Looking Ahead**

Focus: Retelling favorite parts and setting simple goals

Activity: Hero Trait Coloring Sheet + Goal Star Poster

Vocabulary: hero, dream, grow

### Activities Overview

These printable worksheets are available online and designed to support story comprehension, early writing, and character-building:

1. Match Bennett's Feelings
2. 'My First Bounce' - Draw Your Favorite Part
3. 'I Feel Proud When...' - Fill-in-the-Blank or Drawing Page
4. Bounce to a Better Day - Kind Choices Worksheet
5. Be Like Bennett - Hero Trait Coloring Sheet

### Answer Key – Teacher & Parent Edition

These are sample responses and guidance suggestions:

- Happy: when he plays with friends
- Proud: when Dad says 'You've got something special'
- I feel proud when I help, try my best, or share my toys.

For the full Teacher & Parent Edition, scan the QR code on Page 1.

**This Book Belongs To...**

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Write your name above and keep bouncing like a hero!