

A Hero's Helping Hand Curriculum Companion Packet

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Dear Educator or Parent,

This story reminds us that heroism begins in the small, kind acts that shape young hearts.

In *A Hero's Helping Hand*, Bennett learns that real strength isn't about being the biggest or fastest — it's about being helpful, gentle, and brave enough to care for others.

Each of us has the power to guide children toward empathy, inclusion, and confidence.

Use this companion packet to open conversations, spark reflection, and celebrate everyday heroism — in the classroom, at home, and throughout the community.

Together, we're helping young heroes take their first steps.

With gratitude,

Jerald L. Hoover

Author & Creator, The Hero Book Series™

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www.TheHeroBookSeries.com

Lesson Plan & SEL Alignment

Theme: Kindness, Sharing, and Helping Others

Learning Objectives:

- Identify what makes someone a ‘hero helper’.
- Demonstrate acts of kindness through role-play.
- Recognize opportunities to include and uplift others.

Core SEL Competencies:

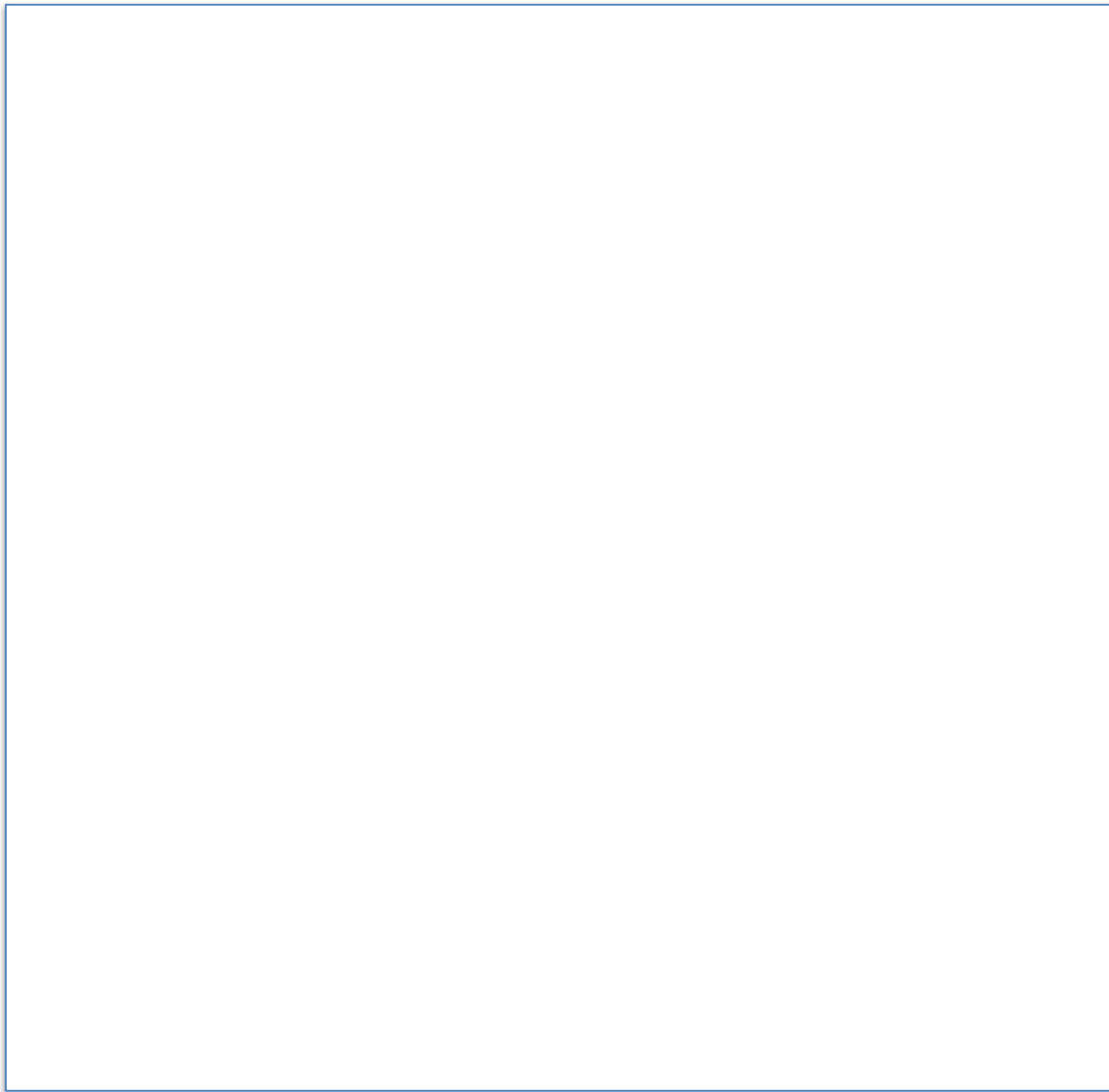
- Self-Awareness
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

Standards Alignment:

- CASEL-aligned
- Meets Pre-K–K language and social-emotional literacy standards.

Activities + Reflection Prompts

- Helping Hands Mural — Students trace and decorate their hands with one way they can help others.
- Kindness Role-Play — Practice tying shoes, sharing crayons, or cleaning up together.
- Circle Time Reflection — ‘Who helped today? How did it make you feel?’
- Coloring Page Prompt — Bennett helping another student.



Discussion Questions

- What are some ways Bennett helped others?
- How did Bennett make people feel safe or included?
- When have you been a helper?
- What kind of 'hero helper' do you want to be this week?

Implementation Notes

- Ideal for circle time, morning meeting, or SEL block.
- Time: 20–30 minutes per session.
- Materials: paper, crayons, tape, chart paper.
- Recommended follow-up: Family Reflection Sheet (optional take-home).

HERO HELPER AWARD

Presented to:

For showing kindness, sharing, and helping others — just like
Bennett in A Hero's Helping Hand!

“You don't need a cape to be a hero — just a helping heart.”

Signed,
Jerald L. Hoover
Author, The Hero Book Series™

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