

A Hero's Big Feelings
Curriculum Companion Packet

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Dear Educator or Parent,

This story reminds us that even heroes can have big emotions — what matters is how they learn to handle them.

In A Hero's Big Feelings, Bennett discovers that staying calm, taking deep breaths, and expressing feelings with kindness are all part of real strength.

Each of us can help children recognize, name, and manage their emotions with grace and self-awareness.

Use this packet to encourage open conversations, reflection, and mindfulness — empowering every child to become a calm and caring hero.

Sincerely,

Jerald L. Hoover

Author & Creator, The Hero Book Series™

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www.TheHeroBookSeries.com

Lesson Plan & SEL Alignment

Theme: Managing Emotions, Self-Awareness, and Empathy

Learning Objectives:

- Identify what it means to stay calm when facing strong emotions.
- Practice breathing and calming techniques when feeling upset.
- Recognize and express emotions safely and respectfully.

Core SEL Competencies:

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

Standards Alignment:

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

Activities & Reflection Prompts

- Breath of Calm

Practice the 4-4-4-4 breathing technique: inhale 4 counts, hold 4, exhale 4, rest 4.

- Feelings Faces

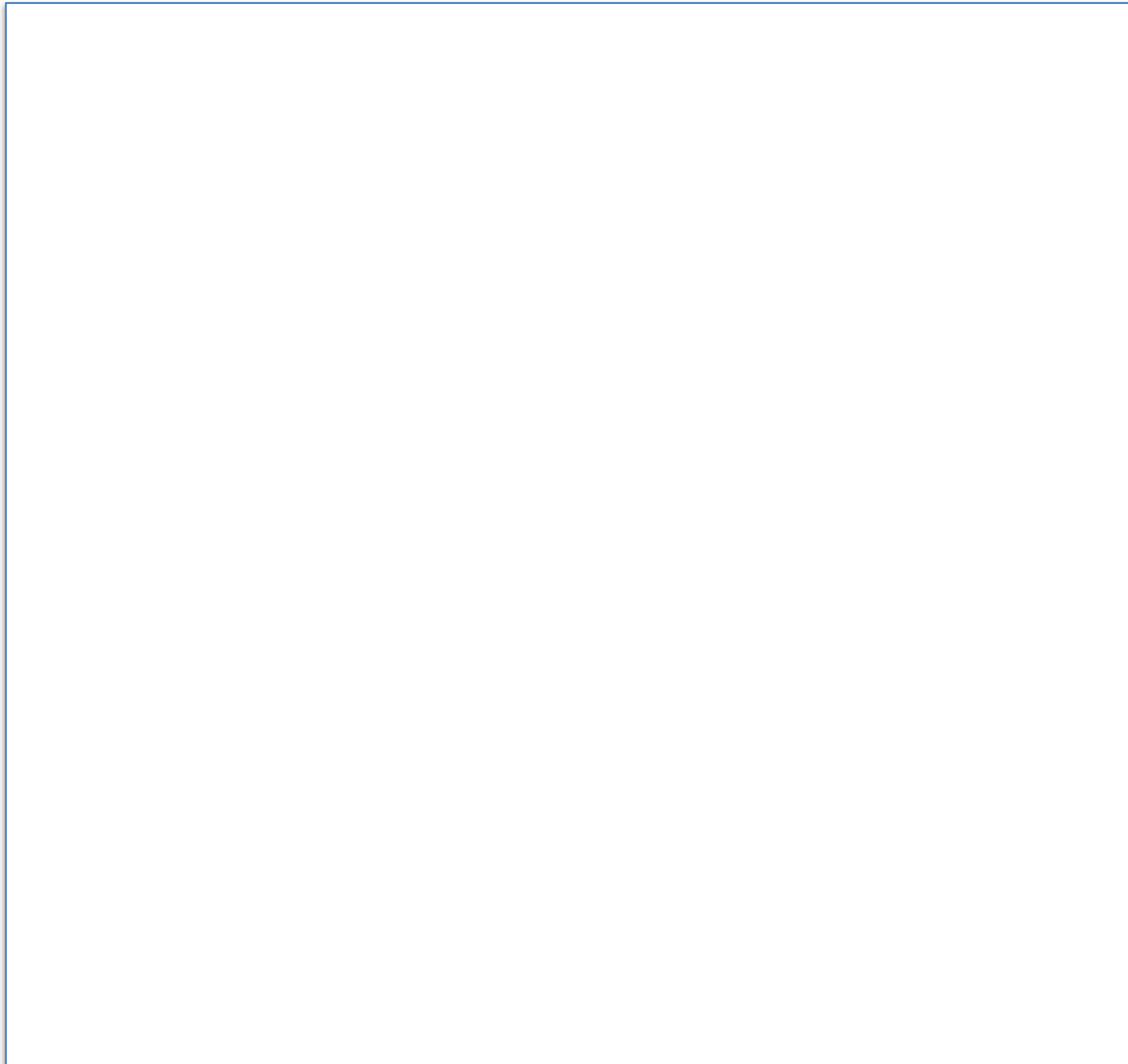
Draw or act out emotions and share ways to calm down.

- Hero's Heart Chart

Create a chart of ways to show calmness, empathy, and kindness.

- Coloring Page Prompt

Illustrate Bennett taking a deep breath and smiling.



Discussion Questions

- How did Bennett handle his big feelings?
- Why is it important to stay calm when we're upset?
- What can you do to feel better when you're mad or sad?
- How can calmness make you a hero?

Implementation Notes

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

Hero of Calm Award

Presented to:

For showing courage, calmness, and kindness — just like Bennett
in A Hero's Big Feelings

“You don’t need a cape to be a hero — just a calm heart.”

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

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