

A Hero's First Bounce
Curriculum Companion Packet

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Dear Educator or Parent,

This story introduces Bennett's very first steps toward heroism — learning patience, persistence, and joy through simple play.

It reminds us that every young hero begins by trying, stumbling, and trying again. Teachers and parents can use this packet to help children build confidence through practice, recognize that mistakes are part of growth, and celebrate perseverance and family encouragement.

Signed,

Jerald L. Hoover

Author & Creator, The Hero Book Series™

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www.TheHeroBookSeries.com

Lesson Plan & SEL Alignment

Theme: Perseverance, Patience, Family, and Encouragement

Learning Objectives:

- Recognize the value of practice and persistence.
- Express feelings when something is difficult and try again.
- Understand how family and friends support growth.
- Build early self-awareness through positive reinforcement.

Core SEL Competencies:

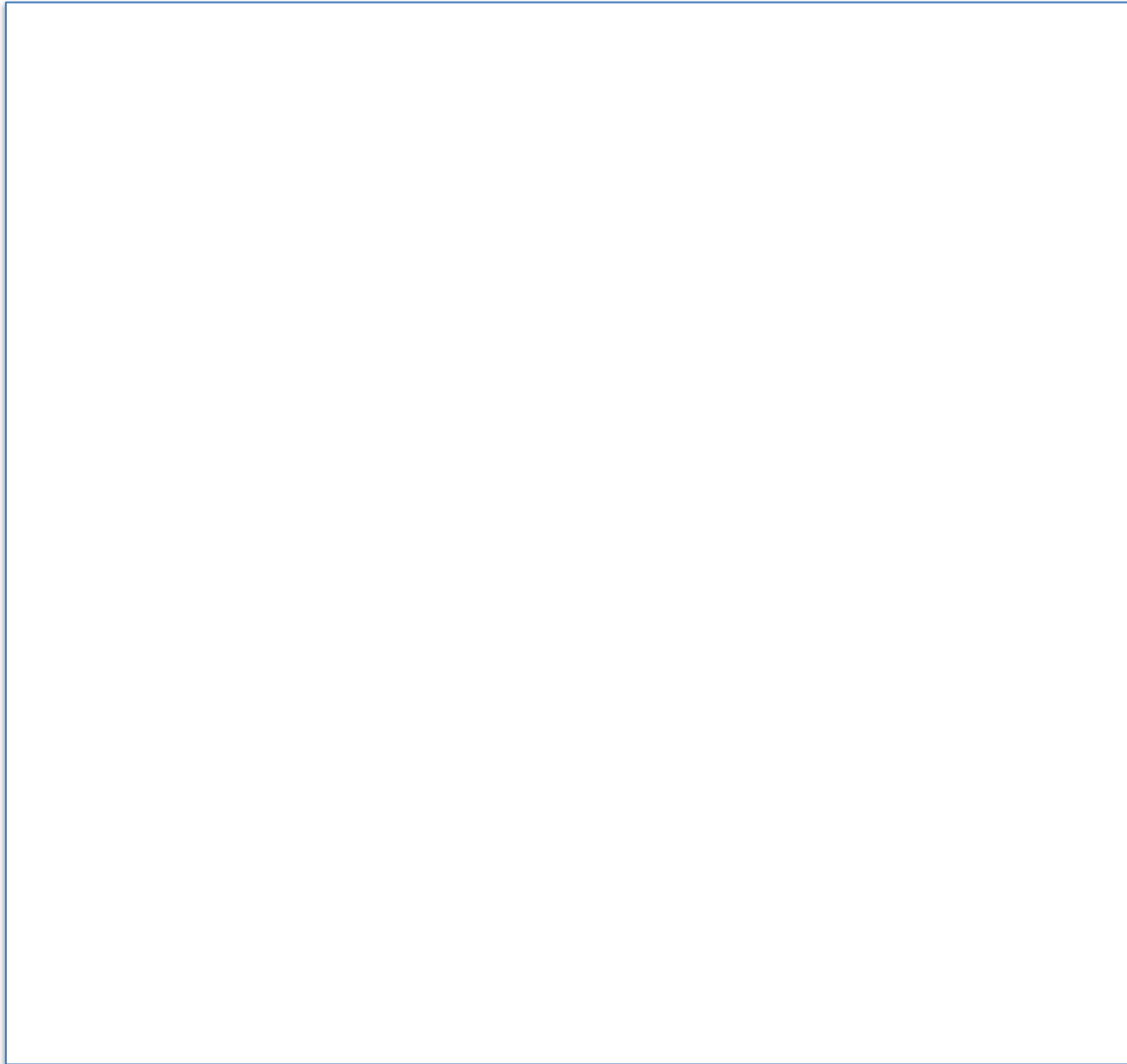
- Self-Awareness
- Self-Management
- Relationship Skills
- Responsible Decision-Making

Standards Alignment:

- CASEL-aligned
- Meets Pre-K–K early-learning and character education benchmarks

Activities & Reflection Prompts

- Bounce and Try Again -- Children bounce soft balls, count each attempt, and cheer one another on.
- Hero Steps Chart -- Draw or paste pictures of something they practiced until they improved.
- Family Echo -- Students share encouraging phrases they've heard at home (e.g., 'You'll get it!').
- Dream Wings Art -- Decorate paper balls with wings, inspired by Bennett's drawing at the end of the story.



Discussion Questions

- What did Bennett do when his ball rolled away?
- How did his parents encourage him?
- What happens when we keep trying instead of quitting?
- Why is practice important for heroes — even small ones?

Implementation Notes

- Perfect for circle time or morning meeting (15–25 minutes).
- Materials: soft balls, paper, crayons, scissors, glue.
- Optional Extension: Family reflection sheet — “How Our Family Practices Patience and Play”.

Hero of Persistence Award

Presented to:

For showing persistence, patience, and joy — just like Bennett in
A Hero's First Bounce!

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

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

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