

# The Body's Helping Heroes

(Year 4 - Ages 9-10):

## Lesson 1 of 9

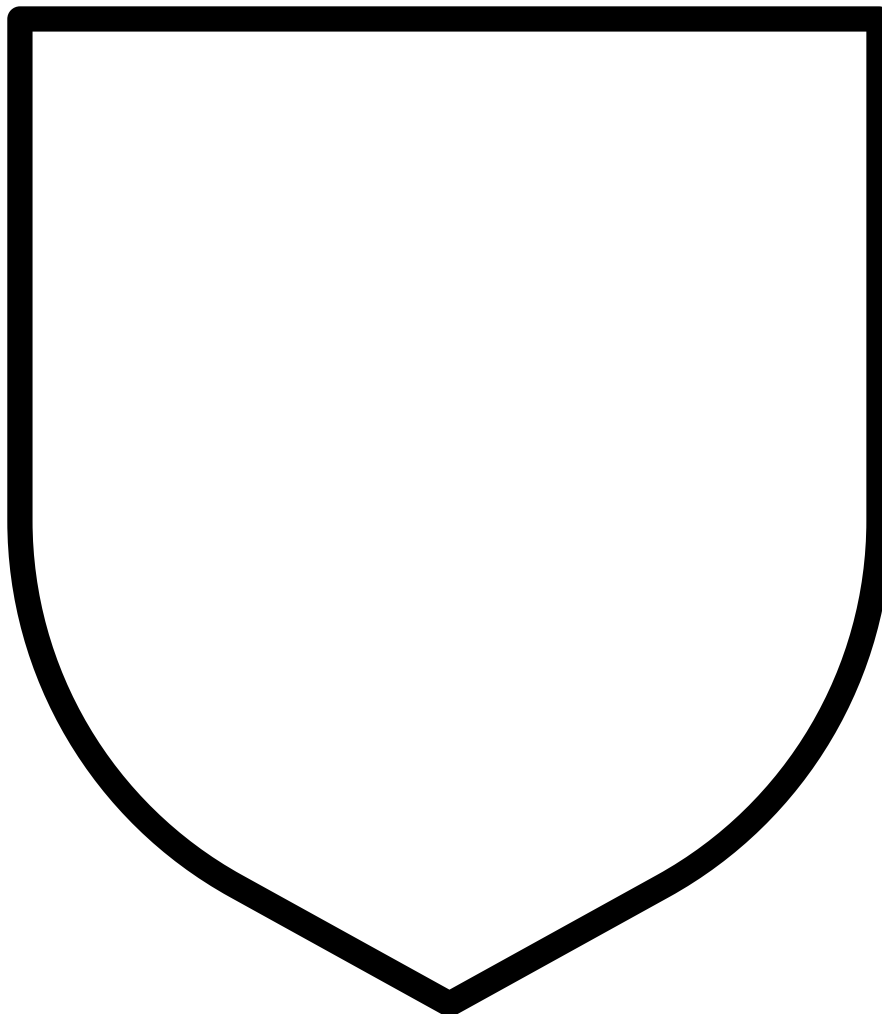
Name: \_\_\_\_\_ Class: \_\_\_\_\_

### Student Worksheet

#### Activity 1: Hero Headquarters

**Task:** What makes a hero? In the "Hero Headquarters" shield below, write or draw all the different types of heroes you can think of and the "powers" (kind actions or qualities) that make them heroic.

- Who are our community heroes?
- What do they do to help people?
- What words describe them? (e.g., Brave, Kind, Strong, Helpful)



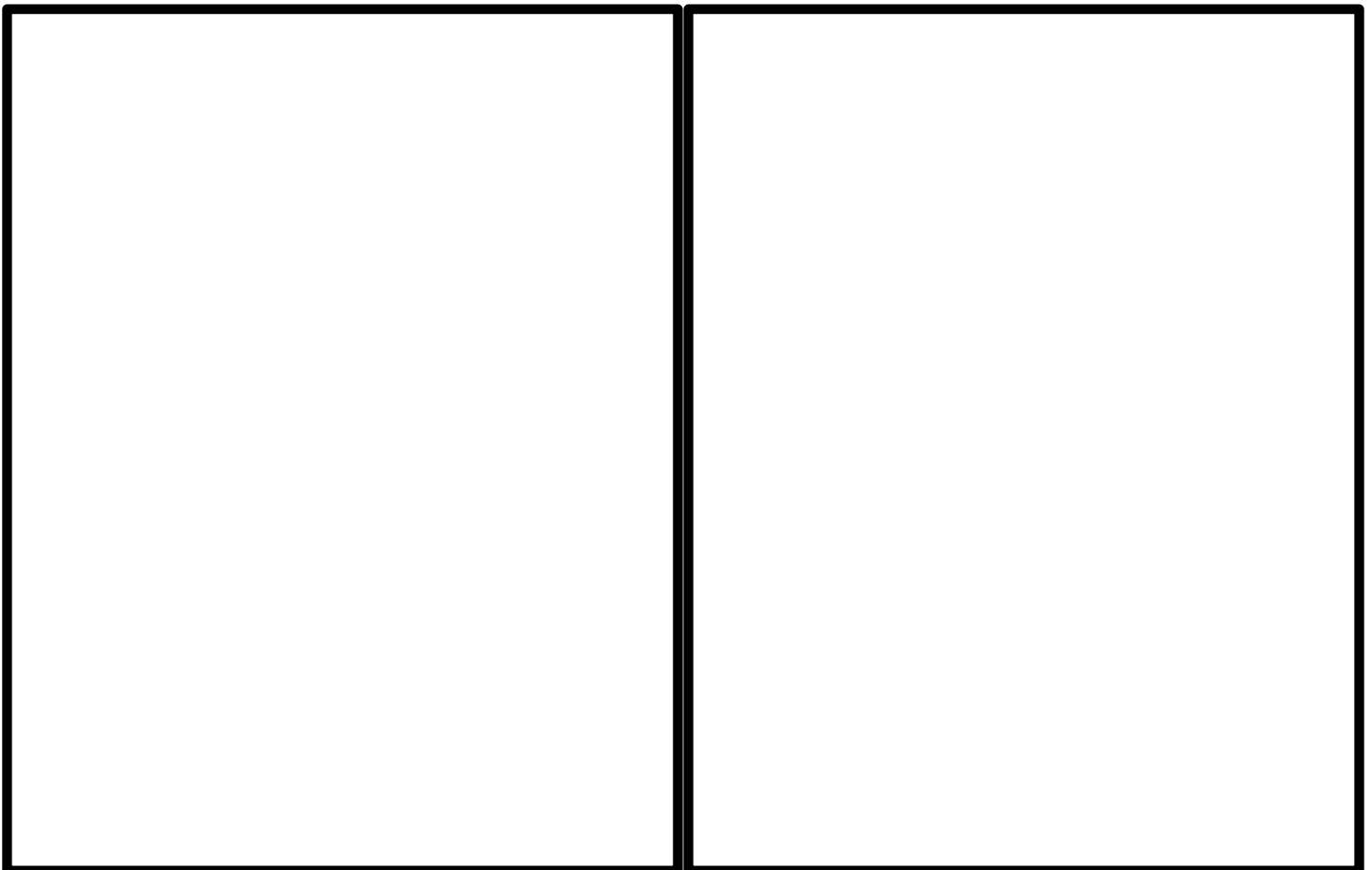
# Student Worksheet

## Activity 2: A Card for a Helping Hero

**Task:** Today, we learned about "Helping Heroes"—the amazing people and their families who give the "spare part" gift of donation to help repair someone's body and save their life.

Design a beautiful "Thank You" card for a Helping Hero and their family. What message of thanks would you want to send them for their incredible kindness?

(You can draw pictures, symbols, or write a kind message inside the card template below. Think about symbols of kindness, hope, and life.)



Card Back

Card Front

