

# The Hero's Anthem

(Year 4 - Ages 9-10):

## Lesson 9 of 9

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

### Teacher Preparation

#### Introduction for Teachers

This final lesson is a joyful celebration and consolidation of the entire unit. It adapts the senior curriculum's theme, "Music to Inspire Action," into a fun, collaborative, and creative "Songwriting Workshop." The goal is for students to reflect on their entire learning journey—from "Helping Heroes" to "The Hero's Story"—and synthesize all the positive metaphors into a single, memorable "Hero's Anthem."

The core objective is to empower students to see themselves as true "Kindness Ambassadors" with a powerful, positive message to share. By creating a song, they use the "Hero's Echo" in the most magical way, transforming all the facts and stories they've learned into a powerful piece of art that can be shared to inspire others.

### Teacher Resources

- "Key Word Wall": All the key metaphor concepts from the unit written on large cards (e.g., Hero, Spare Part, Team, Treasure, Time, Echo, Pledge, Story, Kindness).
- A large whiteboard or butcher's paper titled: "Our Hero's Anthem: Songwriting Workshop."
- Student Worksheet: "My Kindness Note" (worksheet shaped like a musical note for brainstorming).
- A familiar, simple tune (e.g., "Twinkle, Twinkle, Little Star" or "Row, Row, Row Your Boat").
- Optional: Simple percussion instruments (shakers, tambourines, etc.).



## Key Concepts & Language for Teachers

- **The "Songwriting Workshop" Metaphor:** This is the central, celebratory theme. Frame this as the class's final, most important "Ambassador" mission.
  - **Say:** "Hello, Kindness Ambassadors! For our final lesson, we have the most creative and most important mission of all. We are going to become 'Songwriters for Kindness.' We are going to take everything we've learned and turn it into a powerful 'Hero's Anthem' for our school."
- **The "Key Word Wall" (The "Notes"):** Use the "Key Word Wall" resource to review all the unit's metaphors. These are the "musical notes" for the song.
  - **Say:** "Every great song is built from keywords and ideas. Look around the room! We have our 'Key Word Wall' of all the 'hero words' we've learned. We have 'Hero,' 'Team,' 'Treasure,' 'Time,' 'Echo,' 'Pledge,' 'Story,' and 'Kindness.' These will be the building blocks for our anthem!"
- **Connecting the Anthem to the "Hero's Echo":** This is the key link. A song is the most powerful "echo."
  - **Say:** "Why do we write an anthem? To share it! A song is the most powerful 'Hero's Echo' of all. It's a way to share a positive message that people will remember, sing, and feel in their hearts. Our anthem will be the 'Good News Campaign' (from Lesson 8) put to music!"
- **Connecting to the Bigger Idea (Celebration):** This is the final, summative statement of the unit.
  - **Say with a celebratory and proud tone:** "Our 'Hero's Anthem' is our way of celebrating all the heroes of the donation story. It's a song to thank the 'First Heroes' (the donor families) who bravely 'start their echo.' It's a song to celebrate the 'Helping Hero Team' (the doctors and coordinators) who perform the 'relay.' And it's a song of joy for the 'Heroic Recipient' who receives the 'Treasure of More Time.' Our song is our way of saying 'thank you' and spreading that good news."



## Safety and Sensitivity Considerations

- **Keep the Tone 100% Celebratory:** This is the final lesson. It is a "graduation" and a celebration of learning. The tone must be joyful, proud, and uplifting. Use upbeat music and lots of positive reinforcement.
- **All Contributions are Valid:** In collaborative songwriting, every idea is a good one. There are no "wrong" lyrics. The goal is teamwork and creative expression. Welcome all ideas and help the class polish them into the song.
- **Focus on the Positive Metaphors:** This is a review of all the safe, positive, and age-appropriate language from the unit. Do not introduce any new or complex topics. This is the "greatest hits" of all the kind metaphors they have learned.
- **Performance is Fun, Not Pressure:** The final "performance" should be an in-class, joyful sing-along. Add percussion instruments to make it fun. The goal is to celebrate their creation, not to critique their singing.

## Magical Body Facts for Year 4 (Ages 9-10)

- **Your Ears are an Orchestra!** Your inner ear has a tiny, snail-shaped part called the cochlea, which is lined with thousands of microscopic "piano keys" (hair cells). They vibrate at different speeds to tell your brain if a sound is a high note or a low note!
- **Your Voice is a Team!** Your voice is a perfect example of teamwork. Your lungs (the 'Hero' from Lesson 4) push the air, your larynx (voice box) creates the vibration, and your tongue and lips ("The Shapers") form the words. They all work together to let you sing your anthem.
- **The Heart's Rhythm:** Your heart is the body's natural drummer. It has its own "pacemaker" that sends a tiny electrical "beat" to keep your heart pumping in a perfect, steady rhythm for your whole life.
- **Your Brain, The Song Library:** Your brain is the most amazing song library in the world. It can store and remember thousands of different songs, melodies, and "Golden Memories" (from Lesson 4).
- **Music is a Full-Body Workout!** When you listen to music you love, it's not just your ears working. It lights up your whole brain—the parts for emotion, memory, and even movement. That's why music makes you want to dance!

