

MY HERO MISSION LOG



Name:

Class:

You are about to start a very important mission that involves five heroic challenges you must complete across one week.

Each challenge reflects one of the five special qualities that the characters in Hercules show us: bravery, compassion, reliability, helpfulness, and determination.

Let's go hero!

1. BE BRAVE LIKE HERCULES

The challenge: Be brave and try something you wouldn't normally do. It could be raising your hand in class, trying a new activity, or playing with someone new.

How did you show bravery?

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How did it make you feel?

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2. SHOW COMPASSION LIKE MEG

The challenge: Help someone in need. Perhaps you could include a classmate who feels left out, tidy up at home, or help someone struggling with a task.

How did you show compassion?.....

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How did it make you feel?

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3. BE RELIABLE LIKE HERMES

The challenge: Complete a job (like tidying your room, feeding a pet, or helping your teacher) without being reminded by an adult.

How were you reliable?.....

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How did it make you feel?.....

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4. HELP OTHERS LIKE PHIL

The challenge: Help someone who usually helps you. It could be a teacher, family member, librarian, shopkeeper, friend – how could you help them for a change?

How were you helpful?.....

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How did it make you feel?

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5. SHOW DETERMINATION LIKE ZEUS

The challenge: Whether you're learning a new skill, working on some tricky homework, or stuck in class, don't give up!

How did you show determination?.....

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How did it make you feel?.....

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