

# Not All Heroes Wear Capes

Ordinary people doing  
extraordinary things

# Who is a Hero?

Imagine a hero. Are they wearing a mask? Can they fly?

What if I told you that real heroes look just like you and me, and they live right in our neighbourhoods?



## Key point

A hero is anyone who makes the world better through kindness, bravery, or standing up for others.



# The Power of Difference



In *Not All Heroes Wear Capes*, we learn our differences are our **superpowers**. Diversity means having a mix of people with different backgrounds and ideas.



## Example

Like a garden with many flowers, our world is better because we are all unique.

# Lesson 1: Use Your Voice

One key lesson is that you don't need to be loud to be heard. You can use your voice to speak up for someone who is being treated unfairly.

## How can you use your voice?

- Saying 'Stop' if someone is unkind.
- Sharing an idea to help the environment.
- Telling someone they are doing a great job.





## Lesson 2: Be Kind

Kindness is a choice we make every day. It's about thinking of others and acting with a warm heart.



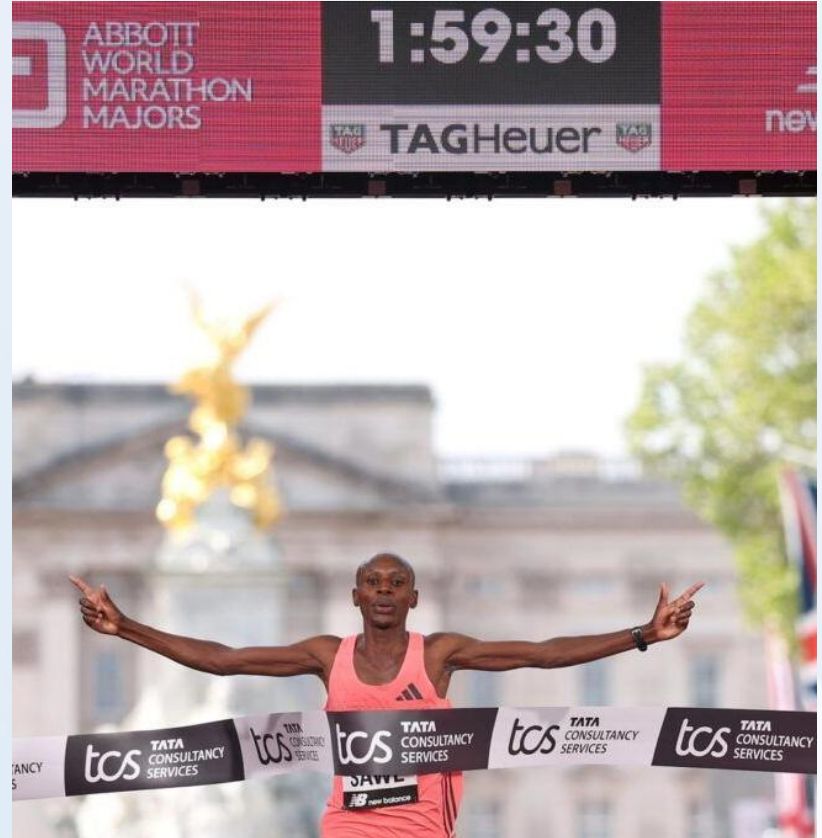
### Fun fact

Scientific studies show that being kind to others actually makes *your* brain feel happier too!

# Lesson 3: Celebrate Others

Ordinary heroes don't compete; they lift each other up. Celebrating someone else's success is a heroic act!

When we celebrate diversity, we are cheering for the things that make our friends unique.



# Ways to Be an Ordinary Hero



**Listening** - Truly hearing what others say makes them feel valued.



**Helping** - Assisting others with tasks shows great character.



**Inclusion** - Inviting others to join your game ensures no one is left out.



## Standing Up for Fairplay

Sometimes being a hero means standing up when something isn't right. This is called **advocacy**.



### Remember

You don't need to be the strongest person in the room to stand up for what is fair.

# Heroic Words

1.

**Diversity**

a) Public support for a cause or policy.

2.

**Advocacy**

b) A range of different people or things.

3.

**Inclusion**

c) Making sure everyone feels they belong.

4.

**Extraordinary**

d) Something very special or unusual.

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# Your Hero Journey



You already have everything you need to be an ordinary hero. You have your heart, your mind, and your unique story.

**What will you do today?**

Will you be a helper, a listener, or a friend?

# Think and Share



Can you think of an 'ordinary hero' in your life? What do they do that makes them extraordinary?

# Think and Share



## **You might have said...**

My nan because she listens to me.  
The lollipop lady who keeps us safe.  
My friend who shares their lunch.  
A teacher who helps us believe.

# Design Your Hero Badge

Draw a 'Hero Badge' for yourself. Instead of superpowers like flying, draw icons for your *real* powers—like 'Great Listener', 'Fastest Runner', or 'Kindest Friend'.

What you'll need: 🧠 ✎

Paper, Coloured pencils, Felt-tip pens

