

THE HERO ACADEMY

Book 1 • Activity & Journal Pages

21 lesson organizers, matching practice pages, and seven reusable sheets for A Complete Guide for Young Heroes. Lesson numbers follow the Book 1 Homeschool Curriculum.

Read the corresponding story and parent-led lesson first. These are activity sheets, not the complete teaching book. Choose one lesson at a time and return later to reflect on what changed.

Print on US Letter (8½ × 11 inches) at Actual Size. All pages are black and white. Print only the pages you need; single-sided printing leaves room for pencil work.

Younger learners may draw or dictate. Older learners can explain their reasons and try a second example. Personal reflections may remain private. Use invented examples whenever preferred.

Prayer and forgiveness activities reflect the series' faith perspective. Do not grade a child's feelings, faith, worth, or willingness to disclose personal experiences. A trusted adult should guide sensitive topics.

The lesson illustrations were created using AI image generation and selected to support each activity.

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brandonmysliwiec.com/education/hero-academy/homeschool/

Choose a lesson

Name: _____ Date: _____

01. The Hero Academy Rules	3–4
02. The Hero's Challenge	5–6
03. Wisdom Through Questions	7–8
04. The Two-Notebook System	9–10
05. Safe Emotional Expression	11–12
06. The I Am Body Image Tool	13–14
07. Mirror Affirmations	15–16
08. Visual Reminders	17–18
09. The Dream List	19–20
10. The Prayer List	21–22
11. Purpose Stories	23–24
12. Achievement Stories	25–26
13. The Dream Wall	27–28
14. The Evidence Binder	29–30
15. Rules for Achieving Dreams	31–32
16. The Empty Room Forgiveness Tool	33–34
17. Forgiving Yourself	35–36
18. Direct Forgiveness Conversation	37–38
19. Creating Others' Images	39–40
20. Influence vs. Manipulation	41–42
21. Building Upon Relationships	43–44

Reusable pages: 45–51 • Copy any sheet as often as needed.

The Hero Academy Rules



Name: _____ Date: _____

Read the rules with an adult. Choose one to practice today. Make a reminder using your own words.

The rule I chose

What it means in my words

A choice I can control

Draw my rule reminder

A large, empty rectangular box with rounded corners, intended for a child to draw a visual reminder of a rule.

Revisit date: _____ One small step to try:

The Hero Academy Rules



Name: _____ Date: _____

Try a new situation

A game is not going your way. What can you choose to do? What belongs to someone else's choice?

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

The Hero's Challenge



Name: _____ Date: _____

Choose one small action that puts a Hero Academy rule into practice. Plan how to try again after a mistake.

My small daily challenge

When I will practice

Who my action could help

My try-again plan

Revisit date: _____ One small step to try:

The Hero's Challenge



Name: _____ Date: _____

Try a new situation

You forget your challenge for two days. Plan a manageable restart without calling yourself a failure.

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

Wisdom Through Questions



Name: _____ Date: _____

Turn an everyday problem into a question. Ask an adult to help you find and compare useful answers.

A problem or puzzle

A question I can investigate

Two people or sources to check

What I found and still wonder

Revisit date: _____ **One small step to try:**

Wisdom Through Questions



Name: _____ Date: _____

Try a new situation

Two sources give different advice about organizing supplies. How could you check which advice works for your situation?

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

The Two-Notebook System



Name: _____ Date: _____

Use one space to express a difficult feeling and another to notice something good. You may keep both private. Sharing or tearing up a page is optional.

A feeling I want to name _____ _____ _____ _____ _____ _____	What I need or could ask for _____ _____ _____ _____ _____ _____
Something good I noticed _____ _____ _____ _____ _____ _____	A kind, believable next-step statement _____ _____ _____ _____ _____ _____

Revisit date: _____ One small step to try:

The Two-Notebook System



Name: _____ Date: _____

Try a new situation

A learner still feels sad after writing. What could they do next? Explain why they do not need to pretend the feeling is gone.

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

Safe Emotional Expression



Name: _____ Date: _____

Role-play naming a feeling and asking for a pause. Use a calm voice for practice; do not act out yelling or harm.

A feeling and its clues

A safe place and trusted adult

Words I can use to ask for help

One gentle way to pause

Revisit date: _____ One small step to try:

Safe Emotional Expression



Name: _____ Date: _____

Try a new situation

You feel overwhelmed in a busy room. Plan how to ask a trusted adult for help and find a calmer place together.

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

The I Am Body Image Tool



Name: _____ Date: _____

Draw yourself in the open space. Add kind words about your worth, strengths, and things you are learning. Bodies do not have to look alike.

Draw myself and label strengths

Something my body helps me do

A skill I am learning

A caring habit I can practice

Revisit date: _____ **One small step to try:**

The I Am Body Image Tool



Name: _____ Date: _____

Try a new situation

Someone says that only one body shape is good. Write a respectful reply that values people without judging appearance.

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

Mirror Affirmations



Name: _____ Date: _____

Choose three kind, believable statements. Say them gently to yourself, with a mirror if comfortable. Connect one to a small action.

Three statements I can believe

An action that supports one statement

A place and time to practice

What I noticed afterward

Revisit date: _____ One small step to try:

Mirror Affirmations



Name: _____ Date: _____

Try a new situation

Change 'I can never learn this' into an honest, encouraging sentence. Add a practice step and a person who can help.

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

Visual Reminders



Name: _____ Date: _____

Design a reminder for one useful habit. Ask permission before displaying it. Test whether its location helps you notice it.

My habit and reminder words

Draw my reminder card

Where it could go

How I will check whether it helps

Revisit date: _____ One small step to try:

Visual Reminders



Name: _____ Date: _____

Try a new situation

A reminder has become easy to overlook. Suggest a change to its words, position, or the routine connected to it.

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

The Dream List



Name: _____ Date: _____

Brainstorm things you would like to learn, make, or contribute. Choose one goal to explore first; plans can change.

My dream brainstorm

The dream I choose first

Why it matters to me

A small step and help I need

Revisit date: _____ One small step to try:

The Dream List



Name: _____ Date: _____

Try a new situation

You want to learn three new skills at once but have little time. Explain how you could choose a starting point.

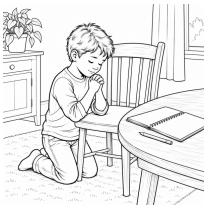
My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

The Prayer List



Name: _____ Date: _____

The story family seeks Heavenly Father's guidance through prayer. With family guidance, pray and reflect if you wish. Keep personal thoughts private when preferred.

Something I want guidance about

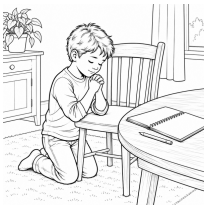
Thoughts or questions during reflection

What to discuss with a trusted adult

A responsible next step

Revisit date: _____ **One small step to try:**

The Prayer List



Name: _____ Date: _____

Try a new situation

A thought during reflection involves an unfamiliar place. How could a learner seek adult guidance and check safety before acting?

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

Purpose Stories



Name: _____ Date: _____

Choose a dream. Write or dictate a short first-person story explaining why it matters, who may benefit, and what effort it needs.

The dream I chose _____ _____ _____ _____ _____ _____	Why I care about it _____ _____ _____ _____ _____ _____
Who could benefit and how _____ _____ _____ _____ _____ _____	My purpose story or picture _____ _____ _____ _____ _____ _____

Revisit date: _____ One small step to try: _____

Purpose Stories



Name: _____ Date: _____

Try a new situation

Two learners share the same goal for different reasons. Give an example and explain why each should consider their own purpose.

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

Achievement Stories



Name: _____ Date: _____

Imagine completing a goal and describe that possible future. Label it as imagined, then connect it to real practice. Imagining does not guarantee the result.

My imagined achievement scene

What I would do with this skill

Practice and help it may require

A possible obstacle and adjustment

Revisit date: _____ One small step to try:

Achievement Stories



Name: _____ Date: _____

Try a new situation

A learner imagines playing a song perfectly but skips practice. What is missing from the plan?

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

The Dream Wall



Name: _____ Date: _____

Create a small display of one or two dreams. Draw your own pictures. Add a next step beside each picture and choose a review time.

Draw a dream picture

Draw another dream or a useful step

Actions that belong beside the pictures

Where and when I will review

Revisit date: _____ **One small step to try:**

The Dream Wall



Name: _____ Date: _____

Try a new situation

A dream display shows an old goal you no longer want. Explain how you could update it thoughtfully.

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.



Choose a real piece of work or a record of practice. Label what it shows, when it was made, and what you want to improve.

Date and what I actually did

My next goal or practice step

Revisit date: _____ **One small step to try:**

The Evidence Binder



Name: _____ Date: _____

Try a new situation

A learner says 'I improved' but has no example. Suggest evidence they could collect without exaggerating what it proves.

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

Rules for Achieving Dreams



Name: _____ Date: _____

Read the five questions in Lesson 15 with an adult. Apply each to a goal or opportunity. Record your reasons and revise the plan if needed.

My goal or opportunity

My responses to questions 1 and 2

My responses to questions 3, 4, and 5

My decision and any changes

Revisit date: _____ One small step to try:

Rules for Achieving Dreams



Name: _____ Date: _____

Try a new situation

A contest offers a prize, but a friend suggests cheating to win. Apply the lesson's questions and explain an honest alternative.

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

The Empty Room Forgiveness Tool



Name: _____ Date: _____

Use an invented, small disagreement for private reflection. You may pause or skip. Forgiveness does not require unsafe contact, secrecy, or excusing harm.

What happened in my invented example

Feelings I want to name

Words I might say privately

A boundary and support I can keep

Revisit date: _____ **One small step to try:**

The Empty Room Forgiveness Tool



Name: _____ Date: _____

Try a new situation

A character is pressured to meet someone who keeps hurting them. Explain why they can seek adult help and keep a boundary.

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

Forgiving Yourself



Name: _____ Date: _____

Use a small mistake or an invented example. Separate the action from your worth. Think about repair and a kinder way to practice next time.

The mistake, stated without name-calling _____ _____ _____ _____ _____ _____	Who or what was affected _____ _____ _____ _____ _____ _____
A repair I can offer safely _____ _____ _____ _____ _____ _____	Kind words and a next-time plan _____ _____ _____ _____ _____ _____

Revisit date: _____ One small step to try: _____

Forgiving Yourself



Name: _____ Date: _____

Try a new situation

You spill a friend's project supplies. What can you acknowledge, offer to repair, and learn without calling yourself a bad person?

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

Direct Forgiveness Conversation



Name: _____ Date: _____

Role-play a minor disagreement with a trusted adult. A real conversation is optional and only appropriate when safe. You may stop at any point.

A safe invented situation

Calm words about what happened

A request or boundary

How I can pause and get support

Revisit date: _____ One small step to try:

Direct Forgiveness Conversation



Name: _____ Date: _____

Try a new situation

The other person begins shouting during a conversation. Practice an exit sentence and name how to get adult support.

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

Creating Others' Images



Name: _____ Date: _____

Describe actions accurately without labeling a whole person. Write a sincere, specific encouragement. Kindness does not mean ignoring harmful behavior.

An action I observed

Action-focused words without a label

Something specific I can appreciate

A respectful boundary if needed

Revisit date: _____ One small step to try:

Creating Others' Images



Name: _____ Date: _____

Try a new situation

Rewrite 'You are always mean' to describe one action and its effect. Add a clear request without guessing the person's motives.

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

Influence vs. Manipulation



Name: _____ Date: _____

Compare an honest invitation with pressure or deception. Look at what is said and done, whether information is hidden, and whether 'no' is respected.

An honest invitation

An example of pressure or deception

How the other person can choose freely

A fairer way to make the request

Revisit date: _____ One small step to try:

Influence vs. Manipulation



Name: _____ Date: _____

Try a new situation

One friend says 'Join if you want.' Another says 'If you refuse, I will tell your secret.' Compare these requests and plan how to seek help.

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

Building Upon Relationships



Name: _____ Date: _____

Plan a small, welcome act of kindness. Ask what would help and respect the answer. Kindness does not create a debt or guarantee friendship.

Someone I could help

What I can ask before helping

A small action within my limits

What happened and what I learned

Revisit date: _____ One small step to try:

Building Upon Relationships



Name: _____ Date: _____

Try a new situation

You offer help and the person says no. How can you respect the answer and still act with kindness?

My response, reasons, or drawing

Explain: How does the lesson connect to this choice?

Later review: Try another example. What would I keep or change?

Adult feedback: notice a specific choice, reason, or useful revision.

My reflection journal

Name: _____ Date: _____

What happened or my invented example

What I noticed and still wonder

A next step or person I can ask

Later: what changed?

My dream and action planner

Name: _____ Date: _____

A dream and why it matters

My first small steps

Permission, materials, and help

What I will check and when

My reading and evidence log

Name: _____ Date: _____

Book, chapter, page, or source

What the source says

My question or interpretation

Another source or way to check

My evidence binder page

Name: _____ Date: _____

Draw or describe the work I chose

Date and what I actually did

What I learned from this work

What I want to practice next

My weekly practice journal

Name: _____ Date: _____

Tool and one small action

When I tried it and what happened

A challenge and an adjustment

My next practice date

My positive chances planner

Name: _____ Date: _____

A small way I might help

Who to ask and what they said

Permission and limits

What happened; no reward is owed

Family feedback

Name: _____ Date: _____

Lesson and reading range

What was clear or useful

What needed more explanation

A correction or suggestion to consider