

THE HERO ACADEMY

Book 2 • Activity & Journal Pages

A spacious companion to the illustrated 6 × 9 curriculum.

31 lesson organizers, matching practice pages, and reusable planning sheets.

Print on US Letter (8½ × 11 inches) at Actual Size. Select only the lesson pages you need. Use single-sided printing if drawing or pencil work would show through.

Use these pages with the teaching lesson of the same number. Read the story, follow the adult guidance, and use the separate assessment guide for feedback.

Write, sketch, dictate, or demonstrate. Keep private journals private; invented situations can be used instead. Return on the review date to add what changed.

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Original AI-generated illustrations were selected for these lessons. The educational design has not yet been validated by qualified educator review or family trials.

The Truth Filter

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Truth Filter

The exact claim

Evidence and where it came from

What is still unknown

A responsible check

Revisit date: _____ One change I want to check:

The Truth Filter

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Claim / evidence / unknown / responsible action.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. Two friends repeat the same uncredited post saying tomorrow is a school holiday. How will you decide whether to change your plans?

My response and reasons

Later review: Before introducing the tool, ask what the learner already does when hearing an uncertain claim. At the next meeting, recall the claim, evidence, and verification step without rereading this lesson.

What I remembered / what I revised

The Discernment Journal

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Discernment Journal

Date and decision _____ _____ _____ _____	What I knew then _____ _____ _____ _____
What I expected and was unsure about _____ _____ _____ _____	What happened later _____ _____ _____ _____
What I would change _____ _____ _____ _____	

Revisit date: _____ One change I want to check:

The Discernment Journal

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Known now / unknown / decision / later finding.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. A practice is listed as indoors on one schedule and outdoors on another. Record today's reasoning with a date. Then imagine the organizer confirms indoors tomorrow; add that finding without replacing your first entry.

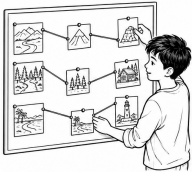
My response and reasons

Later review: Without opening the earlier lesson, recall The Truth Filter. Use this separate review case: Two friends repeat the same uncredited post saying tomorrow is a school holiday. How will you decide whether to change your plans? Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

The Wisdom Web

Explore • Plan • Try



Name: _____ Date: _____

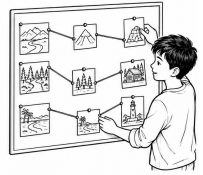
Practice case: Wisdom Web

Our goal _____ _____ _____ _____	Limits we must respect _____ _____ _____ _____
Option A _____ _____ _____ _____	Option B _____ _____ _____ _____
Option C _____ _____ _____ _____	My choice and reason _____ _____ _____ _____

Revisit date: _____ One change I want to check:

The Wisdom Web

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Decision center / three branches / constraints / selected route.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. Three people want to welcome a new neighbor using paper and pencils, no spending, and twenty minutes. Compare three possible contributions and choose a first action.

My response and reasons

Later review: Without opening the earlier lesson, recall The Truth Filter. Use this separate review case: Two friends repeat the same uncredited post saying tomorrow is a school holiday. How will you decide whether to change your plans? Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Deep Source Check

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Deep Source Check

The request

Pressure or warning signs

A contact I checked separately

What I verified

My next safe action

Revisit date: _____ One change I want to check:



Deep Source Check

Practice • Explain • Revisit

Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Requested action / warning signs / independent route.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. A printed pretend message claims to be from a game company and asks for an account code to avoid immediate closure. There are no working links. Demonstrate your next step.

My response and reasons

Later review: Without opening the earlier lesson, recall The Truth Filter. Use this separate review case: Two friends repeat the same uncredited post saying tomorrow is a school holiday. How will you decide whether to change your plans? Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Perspective Mapping

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Perspective Mapping

Person A said they need

Person B said they need

What I should ask

An option that may work

What they actually agreed

Revisit date: _____ One change I want to check:



Perspective Mapping

Practice • Explain • Revisit

Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Person / stated position / question / possible agreement.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. Two learners share a table. One wants all materials visible; the other needs space to write. Represent both views, ask a clarifying question, and suggest a trial.

My response and reasons

Later review: Without opening the earlier lesson, recall The Discernment Journal. Use this separate review case: A practice is listed as indoors on one schedule and outdoors on another. Record today's reasoning with a date. Then imagine the organizer confirms indoors tomorrow; add that finding without replacing your first entry. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Inner Moral Compass Checklist

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Inner Moral Compass Checklist

The choice _____ _____ _____ _____	The value I want to practice _____ _____ _____ _____
Who could be affected _____ _____ _____ _____	An honest repair _____ _____ _____ _____
How I will check the result _____ _____ _____ _____	

Revisit date: _____ One change I want to check:

Inner Moral Compass Checklist

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Value / behavior question / action / repair.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. You find an extra game token in your pocket after leaving a borrowed game. What would honesty and care for someone's property look like?

My response and reasons

Later review: Without opening the earlier lesson, recall The Wisdom Web. Use this separate review case: Three people want to welcome a new neighbor using paper and pencils, no spending, and twenty minutes. Compare three possible contributions and choose a first action. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Truth Mirror Journal

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Truth Mirror Journal

What happened

What I felt

The story I told myself

What the evidence supports

A truthful next sentence

Revisit date: _____ One change I want to check:



Truth Mirror Journal

Practice • Explain • Revisit

Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: What happened / what I felt / what I inferred / what I can ask.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. A partner chooses someone else for one exercise. You feel hurt and think, “Nobody wants to work with me.” Separate fact, feeling, and interpretation; offer a grounded statement.

My response and reasons

Later review: Without opening the earlier lesson, recall Deep Source Check. Use this separate review case: A printed pretend message claims to be from a game company and asks for an account code to avoid immediate closure. There are no working links. Demonstrate your next step. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

The Phoenix Project

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Phoenix Project

1. What I tried

2. What happened

3. One feature to change

4. What stays the same in the test

5. What the new test showed

Revisit date: _____ One change I want to check:

The Phoenix Project

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Attempt / result / factors / one revision.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. A folded paper tower falls during a test. You observed that its narrow base tipped. Plan one change and a fair retest.

My response and reasons

Later review: Without opening the earlier lesson, recall Perspective Mapping. Use this separate review case: Two learners share a table. One wants all materials visible; the other needs space to write. Represent both views, ask a clarifying question, and suggest a trial. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Bounce-Back Blueprint

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Bounce-Back Blueprint

1. The setback

2. What I need now

3. A person or resource that could help

4. My smallest next step

5. When I will try again

Revisit date: _____ One change I want to check:

Bounce-Back Blueprint

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Feeling / controllable action / wisdom / next step.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. Your drawing is not selected for a display. You still want to learn to draw objects accurately. Name a feeling, a source of guidance, and one manageable action.

My response and reasons

Later review: Without opening the earlier lesson, recall Inner Moral Compass Checklist. Use this separate review case: You find an extra game token in your pocket after leaving a borrowed game. What would honesty and care for someone's property look like? Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Shame to Strength Reframe

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Shame to Strength Reframe

The harsh label _____ _____ _____ _____	The specific event _____ _____ _____ _____
A fairer description _____ _____ _____ _____	Practice or help I need _____ _____ _____ _____
A next attempt _____ _____ _____ _____	

Revisit date: _____ One change I want to check:

Shame to Strength Reframe

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Self-label / actual event / balanced statement / practice.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. You miss one instruction while learning a game and think, “I can never learn anything.” Give a truthful reframe and a related next step.

My response and reasons

Later review: Without opening the earlier lesson, recall Truth Mirror Journal. Use this separate review case: A partner chooses someone else for one exercise. You feel hurt and think, “Nobody wants to work with me.” Separate fact, feeling, and interpretation; offer a grounded statement. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Lessons Log

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Lessons Log

The attempt

What I learned

My reminder cue

When I used it again

What happened this time

Revisit date: _____ One change I want to check:



Lessons Log

Practice • Explain • Revisit

Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Date / event / lesson / cue / next result.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. You arrive twice without the notebook needed for a club. Make a Lessons Log entry, a visible cue, and a way to check the next attempt.

My response and reasons

Later review: Without opening the earlier lesson, recall The Phoenix Project. Use this separate review case: A folded paper tower falls during a test. You observed that its narrow base tipped. Plan one change and a fair retest. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Resilience Shield

Explore • Plan • Try

Name: _____ Date: _____



Practice case: Resilience Shield

A strength with an example

A skill I am still learning

Someone I can ask

The help I need

My next supported step

Revisit date: _____ **One change I want to check:**

Resilience Shield

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Strength and example / earlier success / support and request.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. In this invented case, a learner kept track of pieces in a puzzle last week and now wants to try a new board game. Build a Resilience Shield with that evidence, a reusable strategy, and a support request.

My response and reasons

Later review: Without opening the earlier lesson, recall Bounce-Back Blueprint. Use this separate review case: Your drawing is not selected for a display. You still want to learn to draw objects accurately. Name a feeling, a source of guidance, and one manageable action. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Courage Scale

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Courage Scale

1. The situation

2. What made it difficult

3. The action I chose

4. Support I used

5. What I learned

Revisit date: _____ One change I want to check:

Courage Scale

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Challenge / action / support level / next practice.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. A learner asks a librarian where a book belongs, after rehearsing the question with a parent. Record the action, the support level, and a safe next practice.

My response and reasons

Later review: Without opening the earlier lesson, recall Shame to Strength Reframe. Use this separate review case: You miss one instruction while learning a game and think, “I can never learn anything.” Give a truthful reframe and a related next step. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Adaptation Mindset

Explore • Plan • Try

Name: _____ Date: _____



Practice case: Adaptation Mindset

The purpose

The blocked method

Alternative A

Alternative B

Alternative C

Why I chose this route

Revisit date: _____ One change I want to check:

Adaptation Mindset

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Underlying purpose / changed limit / three alternatives / trial.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. A planned group poster cannot be made because the large paper is unavailable. The purpose is to explain three club rules. Offer three routes within available resources and select a small test.

My response and reasons

Later review: Without opening the earlier lesson, recall Lessons Log. Use this separate review case: You arrive twice without the notebook needed for a club. Make a Lessons Log entry, a visible cue, and a way to check the next attempt. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

The Giving Jar & Growth Jar

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Giving Jar & Growth Jar

Item	Money in	Money out

Money available

Amount for giving

Amount for growth or saving

Other agreed use or remainder

Check that the total matches

Revisit date: _____ One change I want to check:

The Giving Jar & Growth Jar



Practice • Explain • Revisit

Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Received / growth / giving / balance.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. Use twelve pretend tokens for Growth and voluntary Giving. Choose a split totaling twelve, then show the balance after spending two Growth tokens. Explain whether every family must use your split.

My response and reasons

Later review: Without opening the earlier lesson, recall Resilience Shield. Use this separate review case: In this invented case, a learner kept track of pieces in a puzzle last week and now wants to try a new board game. Build a Resilience Shield with that evidence, a reusable strategy, and a support request. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Time Map

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Time Map

Day / time	Planned activity	Actual / revised

Fixed commitments

Travel and preparation

Rest and meals

Flexible tasks

A change that makes the plan realistic

Revisit date: _____ One change I want to check:

Time Map



Practice • Explain • Revisit

Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Fixed blocks / transitions / rest / project / revision.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. A pretend afternoon has a lesson from 1 to 2, a library appointment at 2:15 with fifteen minutes travel, and an optional thirty-minute craft. Make a workable plan including rest and a later check.

My response and reasons

Later review: Without opening the earlier lesson, recall Courage Scale. Use this separate review case: A learner asks a librarian where a book belongs, after rehearsing the question with a parent. Record the action, the support level, and a safe next practice. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Talent Tree & Hidden Gifts Map

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Talent Tree & Hidden Gifts Map

Draw your map. Use labels and arrows to explain connections.

An ability others can see

A quiet ability

An example of practice

Who might want this help

Permission and next step

Revisit date: _____ One change I want to check:

Talent Tree & Hidden Gifts Map



Practice • Explain • Revisit

Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Ability / evidence / possible need / permission.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. A learner has accurately checked a supply list before and now joins a group preparing a simple display. Add an evidenced gift to a Talent Tree and ask about an appropriate contribution.

My response and reasons

Later review: Without opening the earlier lesson, recall Adaptation Mindset. Use this separate review case: A planned group poster cannot be made because the large paper is unavailable. The purpose is to explain three club rules. Offer three routes within available resources and select a small test. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Giving as Growth Chart

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Giving as Growth Chart

Draw your map. Use labels and arrows to explain connections.

What I offered

What was accepted

What I observed afterward

What I hoped but cannot verify

What I will ask next

Revisit date: _____ One change I want to check:

Giving as Growth Chart

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Contribution / observed result / feeling / adjustment.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. You spend fifteen minutes helping fold shared towels. The work is done, but you feel bored and nobody comments. Record contribution, honest feeling, and an adjustment for another day.

My response and reasons

Later review: Without opening the earlier lesson, recall The Giving Jar & Growth Jar. Use this separate review case: Use twelve pretend tokens for Growth and voluntary Giving. Choose a split totaling twelve, then show the balance after spending two Growth tokens. Explain whether every family must use your split. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Community Canvas

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Community Canvas

The need we checked _____ _____ _____ _____	Who experiences it _____ _____ _____ _____
Who we asked _____ _____ _____ _____	An agreed contribution _____ _____ _____ _____
Resources and limits _____ _____ _____ _____	Evidence to collect _____ _____ _____ _____

Revisit date: _____ One change I want to check:

Community Canvas

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Observation / people / existing effort / permission / task.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. Your family sees empty plant pots beside a community room. Use a Community Canvas before deciding to fill them.

My response and reasons

Later review: Without opening the earlier lesson, recall Time Map. Use this separate review case: A pretend afternoon has a lesson from 1 to 2, a library appointment at 2:15 with fifteen minutes travel, and an optional thirty-minute craft. Make a workable plan including rest and a later check. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Service Budget Planner

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Service Budget Planner

Item	Money in	Money out

Estimated receipts

Estimated costs

Actual receipts

Actual costs

Net contribution

Reason for any difference

Revisit date: _____ One change I want to check:

Service Budget Planner

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Estimate / actual receipts / actual expenses / proceeds.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. In a pretend fundraiser, receipts are \$24 and approved costs are \$9. Find proceeds for the cause and label them correctly. Then consider receipts of only \$7 with the same costs; what must happen?

My response and reasons

Later review: Without opening the earlier lesson, recall Talent Tree & Hidden Gifts Map. Use this separate review case: A learner has accurately checked a supply list before and now joins a group preparing a simple display. Add an evidenced gift to a Talent Tree and ask about an appropriate contribution. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Rippling Effect & Leading by Example Journals

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Rippling Effect & Leading by Example Journals

Draw your map. Use labels and arrows to explain connections.

My action

The direct response I saw

A possible wider effect

What I cannot know yet

A useful follow-up

Revisit date: _____ One change I want to check:

Rippling Effect & Leading by Example Journals

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: My action / observed response / possible ripple / continuing value.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. You help a learner find a page. Later that learner helps someone else with a different task. Nothing was said about your help. Write an Influence Journal entry distinguishing observation from possible influence.

My response and reasons

Later review: Without opening the earlier lesson, recall Giving as Growth Chart. Use this separate review case: You spend fifteen minutes helping fold shared towels. The work is done, but you feel bored and nobody comments. Record contribution, honest feeling, and an adjustment for another day. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

My Mission & Hero's Pledge

Explore • Plan • Try



Name: _____ Date: _____

Practice case: My Mission & Hero's Pledge

A value I choose

One action within my reach

Limits and support

When I will review it

What I may revise

Revisit date: _____ **One change I want to check:**

My Mission & Hero's Pledge

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Need / action / time / permission / review.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. A learner can offer fifteen minutes to a supervised game setup this weekend. Write a limited service pledge, including what happens if availability changes.

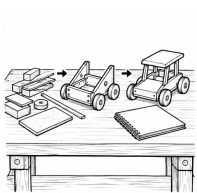
My response and reasons

Later review: Without opening the earlier lesson, recall Community Canvas. Use this separate review case: Your family sees empty plant pots beside a community room. Use a Community Canvas before deciding to fill them. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Mini-Project Planner

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Mini-Project Planner

1. Our goal

2. First task

3. What depends on that task

4. Who can help

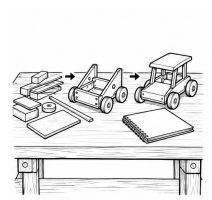
5. How we will know it is finished

6. Handover step

Revisit date: _____ One change I want to check:

Mini-Project Planner

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Task / supplies / person / time / permission.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. An adult approves placing eight pencils and four notebooks at a study table. Create an ordered Mini-Project Planner with supplies, responsibility, and a completion check.

My response and reasons

Later review: Without opening the earlier lesson, recall Service Budget Planner. Use this separate review case: In a pretend fundraiser, receipts are \$24 and approved costs are \$9. Find proceeds for the cause and label them correctly. Then consider receipts of only \$7 with the same costs; what must happen? Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Team Strength Tracker

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Team Strength Tracker

Task or role _____ _____ _____ _____	Who agrees to try _____ _____ _____ _____
Strength or learning goal _____ _____ _____ _____	Time available _____ _____ _____ _____
Support needed _____ _____ _____ _____	When we will check in _____ _____ _____ _____

Revisit date: _____ One change I want to check:

Team Strength Tracker



Practice • Explain • Revisit

Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Member / evidence / interest / availability / agreed role.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. A project needs a short list, a sign, and a final check. Three volunteers have different interests and times available. Show how a Team Strength Tracker would assign roles without guessing identities.

My response and reasons

Later review: Without opening the earlier lesson, recall Rippling Effect & Leading by Example Journals. Use this separate review case: You help a learner find a page. Later that learner helps someone else with a different task. Nothing was said about your help. Write an Influence Journal entry distinguishing observation from possible influence. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Stillness Spot

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Stillness Spot

A comfortable place

A detail I can notice

How I can leave or change the activity

A practical need afterward

Revisit date: _____ One change I want to check:

Stillness Spot

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Place / activity / nearby support / need.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. After a busy game, a learner wants a quieter moment but dislikes being separated from others. Propose a voluntary Stillness Spot and a next check.

My response and reasons

Later review: Without opening the earlier lesson, recall My Mission & Hero's Pledge. Use this separate review case: A learner can offer fifteen minutes to a supervised game setup this weekend. Write a limited service pledge, including what happens if availability changes. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Mindful Moment Bell

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Mindful Moment Bell

My optional cue

What I notice

Does this cue help me

Keep change or stop

A next useful action

Revisit date: _____ One change I want to check:

Mindful Moment Bell

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Cue / notice / feeling / next action.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. Putting away art supplies is an agreed cue to notice what is happening before the next activity. Demonstrate a brief Mindful Moment Bell response and when to change the cue.

My response and reasons

Later review: Without opening the earlier lesson, recall Mini-Project Planner. Use this separate review case: An adult approves placing eight pencils and four notebooks at a study table. Create an ordered Mini-Project Planner with supplies, responsibility, and a completion check. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Pause-Reflect-Respond Wheel

Explore • Plan • Try

Name: _____ Date: _____



Practice case: Pause-Reflect-Respond Wheel

What I observed _____ _____ _____ _____	What I assumed _____ _____ _____ _____
Another possible explanation _____ _____ _____ _____	What needs doing now _____ _____ _____ _____
My response _____ _____ _____ _____	

Revisit date: _____ One change I want to check:

Pause-Reflect-Respond Wheel

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Pause / fact / interpretation / need / response.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. A sibling moves your model to make table space and one part comes loose. You want to call them careless. Use Pause-Reflect-Respond and include repair if an insult was already spoken.

My response and reasons

Later review: Without opening the earlier lesson, recall Team Strength Tracker. Use this separate review case: A project needs a short list, a sign, and a final check. Three volunteers have different interests and times available. Show how a Team Strength Tracker would assign roles without guessing identities. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Gratitude Garden Journal

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Gratitude Garden Journal

One detail I appreciated

Who or what contributed

Another feeling I also had

A response I freely choose

What I want to remember

Revisit date: _____ **One change I want to check:**

Gratitude Garden Journal

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Detail / why it mattered / other feeling / possible thanks.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. A hoped-for visit is postponed, and a friend sends a thoughtful note. Make a Gratitude Garden entry without denying disappointment.

My response and reasons

Later review: Without opening the earlier lesson, recall Stillness Spot. Use this separate review case: After a busy game, a learner wants a quieter moment but dislikes being separated from others. Propose a voluntary Stillness Spot and a next check. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Digital Peace Plan

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Digital Peace Plan

The problem we want to solve

Our agreed device use

Important exceptions

Who agrees

When we will review

Revisit date: _____ One change I want to check:

Digital Peace Plan

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Problem / protected activity / exception / setup / review.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. A game notification repeatedly interrupts a shared lesson on a device that also supplies needed reading assistance. Suggest a short Digital Peace Plan trial.

My response and reasons

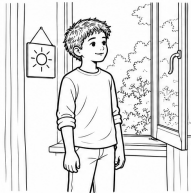
Later review: Without opening the earlier lesson, recall Mindful Moment Bell. Use this separate review case: Putting away art supplies is an agreed cue to notice what is happening before the next activity. Demonstrate a brief Mindful Moment Bell response and when to change the cue. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Breath and Presence Mantra

Explore • Plan • Try

Name: _____ Date: _____



Practice case: Breath and Presence Mantra

A truthful phrase I choose

An ordinary detail to notice

Comfortable or not

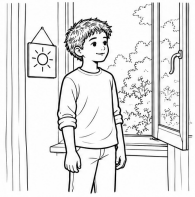
Help I can ask for

A useful next action

Revisit date: _____ One change I want to check:

Breath and Presence Mantra

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Safe setting / truthful phrase / comfortable option / next need.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. A learner is in a safe familiar room after a stressful activity. Attention to breathing feels uncomfortable. Demonstrate an alternative presence cue and a support request.

My response and reasons

Later review: Without opening the earlier lesson, recall Pause-Reflect-Respond Wheel. Use this separate review case: A sibling moves your model to make table space and one part comes loose. You want to call them careless. Use Pause-Reflect-Respond and include repair if an insult was already spoken. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

Calm Leader Card

Explore • Plan • Try



Name: _____ Date: _____

Practice case: Calm Leader Card

Who is responsible

Directions I heard

What I can accurately tell others

A small help I may offer

When to ask the adult

Revisit date: _____ One change I want to check:

Calm Leader Card

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What is known in this case, and what would need checking?
- Show the next action using the page labels: Instruction / my action / appropriate help / report.
- What detail could change your choice, and how would you check it?

My explanation or drawing

Try a new situation

Use this new invented case without copying the practice response. During a supervised drill, a nearby learner asks you for an all-clear before the responsible adult gives one. How would a Calm Leader Card guide you?

My response and reasons

Later review: Without opening the earlier lesson, recall Gratitude Garden Journal. Use this separate review case: A hoped-for visit is postponed, and a friend sends a thoughtful note. Make a Gratitude Garden entry without denying disappointment. Then check the earlier teaching steps. Explain one correct step and revise one part if needed. Record whether help was needed; a different reasonable answer may also meet the earlier criteria.

What I remembered / what I revised

My reflection journal

Reusable page • Copy as needed



Name: _____ Date: _____

What happened (or my invented example)

What I noticed and what I still wonder

A choice I can make / a person I can ask

Later: what changed?

My project planner

Reusable page • Copy as needed



Name: _____ Date: _____

Purpose and who benefits

Materials / permission / adult help

My next three small steps

How I will check and revise

My reading and evidence log

Reusable page • Copy as needed



Name: _____ Date: _____

Book / chapter / page or source

What the source actually says

My interpretation or question

A second source or check

My portfolio review

Reusable page • Copy as needed



Name: _____ Date: _____

A piece of work I chose and its date

What it shows I can do

Feedback I can use

My next practice date and task

Family and educator feedback

Reusable page • Copy as needed



Name: _____ Date: _____

Lesson and reading range

What was clear or useful

Where more explanation was needed

Suggested correction and supporting evidence

A week with room to breathe

Reusable page • Copy as needed



Name: _____ Date: _____

Fixed commitments

Travel and preparation

Rest and flexible time

Review and adjustment

Project budget review

Reusable page • Copy as needed



Name: _____ Date: _____

Estimated income and costs

Actual income and costs

Difference and a permitted adjustment

Evidence / receipts to check
