

THE HERO ACADEMY

Book 3 • Activity & Journal Pages

A spacious companion to the illustrated 6 × 9 curriculum.

24 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.

Idea Spark Journal

Explore • Plan • Try



Name: _____ Date: _____

Three-column noticing page

I noticed

I wondered

What I can check

Date of another observation

What changed

Revisit date: _____ One change I want to check:

Idea Spark Journal

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- I actually noticed...
- One possible explanation, which I have not checked, is...
- The next thing I can check is...

My explanation or drawing

Try a new situation

A learner says, "The instructions were folded under the game box, so my brother hates following rules." Rewrite the entry and propose a check.

My response and reasons

Later review: Before Lesson 2, close the journal and explain the difference between an observation and an assumption. Give a new example, then check the definitions on your page.

What I remembered / what I revised

Future Scenario Map

Explore • Plan • Try



Name: _____ Date: _____

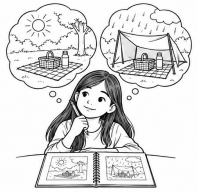
Two futures, one useful preparation

Our plan _____ _____ _____ _____	A condition that could change _____ _____ _____ _____
Possible future A _____ _____ _____ _____	Possible future B _____ _____ _____ _____
Preparation useful in either _____ _____ _____ _____	What to watch _____ _____ _____ _____

Revisit date: _____ One change I want to check:

Future Scenario Map

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- If this condition changes...
- We do not yet know...
- A preparation useful either way is...

My explanation or drawing

Try a new situation

A family plans an outdoor reading picnic, but the location may be unavailable. Make two branches and choose one shared preparation.

My response and reasons

Later review: Without looking, recall the three noticing-page headings. Mark one observation and one assumption on today's map. At the start of Lesson 4, explain again why an imagined result is not an observation.

What I remembered / what I revised

“What If” Brainstorm

Explore • Plan • Try



Name: _____ Date: _____

Change the assumption

The problem _____ _____ _____ _____	A real constraint _____ _____ _____ _____
An assumption we can change _____ _____ _____ _____	Idea A _____ _____ _____ _____
Idea B _____ _____ _____ _____	Idea C _____ _____ _____ _____

Revisit date: _____ One change I want to check:

“What If” Brainstorm

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- We have assumed that...
- What if we changed...?
- We chose this because...

My explanation or drawing

Try a new situation

A club has always explained its meeting location in one long spoken announcement. New visitors say they cannot remember the directions. Generate three different ways to present the directions, then select one to test without assuming visitors will understand it.

My response and reasons

Later review: Recall two conditions that can alter a plan. Use one to check the selected idea under a different condition. Revisit the discarded ideas after Lesson 4's trial to see whether a feature becomes useful.

What I remembered / what I revised

Prototype Playbook

Explore • Plan • Try



Name: _____ Date: _____

Question, Build, Try, Change

1. Our test question

2. Sketch the first model

3. What we kept the same

4. What we observed

5. One revision

6. What the next test showed

Revisit date: _____ One change I want to check:

Prototype Playbook

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- The tester actually did...
- I changed this feature because...
- This test does not yet tell me...

My explanation or drawing

Try a new situation

A label test succeeds once after you point at the correct box. State a defensible result and propose a better trial.

My response and reasons

Later review: Before the trial, explain observation versus assumption from memory. After Chapters 5–8, reread the original noticing page and identify one question still unanswered rather than replacing it with a success story.

What I remembered / what I revised

Ethical Leadership Compass

Explore • Plan • Try

Name: _____ Date: _____



A decision with an absent voice

Who is affected _____ _____ _____ _____	Who is missing from the conversation _____ _____ _____ _____
Facts and permissions _____ _____ _____ _____	A fair option _____ _____ _____ _____
Why we chose it _____ _____ _____ _____	

Revisit date: _____ One change I want to check:

Ethical Leadership Compass

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- The absent person's boundary is...
- A popular choice could still...
- Our reason for choosing this is...

My explanation or drawing

Try a new situation

A teammate recorded a relative explaining a craft, with permission to play the recording at one private meeting. The team now wants to put it on a public website because it could help more learners. Apply the compass and propose an alternative.

My response and reasons

Later review: Recall why a promising trial does not establish every claim. Apply the same care to the assumption that the artist would probably agree. In Lesson 8, retrieve the five compass questions without looking.

What I remembered / what I revised

Collaborative Contribution Canvas

Explore • Plan • Try



Name: _____ Date: _____

A plan someone else can read

Our shared result _____ _____ _____ _____	My agreed task _____ _____ _____ _____
What I need first _____ _____ _____ _____	Who needs my work _____ _____ _____ _____
Support to request _____ _____ _____ _____	Our check-in _____ _____ _____ _____

Revisit date: _____ One change I want to check:

Collaborative Contribution Canvas

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- This task depends on...
- I would like support with...
- We will know this task is ready when...

My explanation or drawing

Try a new situation

A group is preparing a club program. The person writing the speaker list is waiting for the adult organizer to confirm names. Another member says the writer is avoiding work. Diagnose the problem and revise the plan.

My response and reasons

Later review: Recall how the compass includes absent people. Identify a shelf user who is not helping with the project and record what the group should ask them before finalizing the layout.

What I remembered / what I revised

Feedback & Growth Loop

Explore • Plan • Try



Name: _____ Date: _____

Notice, Explain, Try, Check

What I noticed in the work

A question for the maker

One agreed revision

What changed

What we will try next

Revisit date: _____ One change I want to check:

Feedback & Growth Loop

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- One part that worked for me was...
- At this point I expected...
- After the change, I noticed...

My explanation or drawing

Try a new situation

Replace “Your poster is terrible” with useful feedback about a title that a reader cannot distinguish from the body text.

My response and reasons

Later review: From memory, explain why a trial needs a question. Choose a feedback question that a short trial can answer. At the next family project check-in, retrieve the four loop headings before consulting the book.

What I remembered / what I revised

Shared Purpose Pact

Explore • Plan • Try



Name: _____ Date: _____

A pact we can use

Our shared purpose

What we each agree to do

How we will ask for help

A fair repair if something is missed

Review date

Revisit date: _____ One change I want to check:

Shared Purpose Pact

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- Our shared purpose is...
- If a commitment is missed, first we will...
- A decision that needs consultation is...

My explanation or drawing

Try a new situation

A team pact promises to credit every contributor. Its finished display names the presenters but omits the person who checked its facts. Propose a repair and a prevention step.

My response and reasons

Later review: Retrieve the compass questions without the book. Use them on one decision from Chapters 13–16, then compare your explanation with the actual chapter rather than inventing a better outcome.

What I remembered / what I revised

Global Empathy Lens

Explore • Plan • Try

Name: _____ Date: _____



Known, wondered, still to learn

Detail supported by a source _____ _____ _____ _____	Source and date _____ _____ _____ _____
What I imagined _____ _____ _____ _____	A question I still have _____ _____ _____ _____
What I should not generalize _____ _____ _____ _____	

Revisit date: _____ One change I want to check:

Global Empathy Lens

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- The account specifically says...
- I imagined this, but do not know it...
- One person's experience does not tell me...

My explanation or drawing

Try a new situation

A learner sees one photograph of a damaged building and says everyone in that country has no home. Correct the claim and suggest a respectful inquiry.

My response and reasons

Later review: Recall observation versus assumption without notes. Apply the distinction to your source page. In Lesson 11, retrieve one unanswered question before discussing another person's values.

What I remembered / what I revised

Systemic Problem Map

Explore • Plan • Try



Name: _____ Date: _____

A map with honest arrows

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

The bounded problem

An effect we observed

Possible contributors

Evidence for a connection

Existing help

One small check

Revisit date: _____ One change I want to check:



Systemic Problem Map

Practice • Explain • Revisit

Name: _____ Date: _____

Think about your activity

- This arrow means...
- The evidence for it is...
- The part within my responsibility is...

My explanation or drawing

Try a new situation

The box was empty on a day a new student attended. A map claims the new student caused the shortage. Evaluate the arrow.

My response and reasons

Later review: Recall the difference between a possibility and an observation. Find one of each on the system map. At Lesson 13, retrieve this map before choosing a contribution.

What I remembered / what I revised

Universal Values Compass

Explore • Plan • Try



Name: _____ Date: _____

Permission has a purpose

The proposed use _____ _____ _____ _____	Whose choice is involved _____ _____ _____ _____
What permission covers _____ _____ _____ _____	What it does not cover _____ _____ _____ _____
A respectful next step _____ _____ _____ _____	

Revisit date: _____ One change I want to check:

Universal Values Compass

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- I have permission to...
- I still need to ask before...
- I can show respect by...

My explanation or drawing

Try a new situation

A neighbor gives a family a recipe for their own cooking and explicitly asks them not to distribute copies. The learner wants to include it in a club handout celebrating neighbors. Respond using the compass.

My response and reasons

Later review: Recall one question your earlier source did not answer. Explain why imagining an answer would not supply this person's permission. In Lesson 12, retrieve the viewing-versus-sharing distinction.

What I remembered / what I revised

Digital Diplomacy Guide

Explore • Plan • Try



Name: _____ Date: _____

The unsent reply desk

What the message actually says

What I should clarify

A fact to check

My respectful draft

Post pause or ask for help

Revisit date: _____ One change I want to check:

Digital Diplomacy Guide

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- I understand your concern to be... Is that right?
- The source supports this limited claim...
- I will stop and seek help if...

My explanation or drawing

Try a new situation

A message contains an unverified statistic and a classmate's private story. Rewrite the response plan.

My response and reasons

Later review: Without looking, name the difference between permission to view and permission to share. Check the draft for borrowed words or images. Revisit the draft after Lesson 13 and remove any exaggerated impact claim.

What I remembered / what I revised

Global Action Project

Explore • Plan • Try



Name: _____ Date: _____

A small project with a complete account

The need we confirmed

Who is already helping

Permission and useful contribution

Costs and resources

Observed result

What remains uncertain

Revisit date: _____ One change I want to check:

Global Action Project

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- The request we checked was...
- After expenses, the amount available is...
- We cannot yet claim...

My explanation or drawing

Try a new situation

An event receives \$40 from sales and spends \$12 on materials. Its sign promises “Every dollar goes to the recipient.” Correct the accounting and wording.

My response and reasons

Later review: Recreate one supported connection and one unknown from the earlier map. Explain where a modest contribution fits. After Chapters 22–24, distinguish an observed result from a hoped-for ripple.

What I remembered / what I revised

Stress Response Reframe

Explore • Plan • Try



Name: _____ Date: _____

Signal, story, truthful next step

What I noticed

The harsh interpretation

A truthful alternative

The next action

Help I can request

Revisit date: _____ One change I want to check:

Stress Response Reframe

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- The signal I am describing is...
- The story adds this unproven claim...
- A truthful next step could be...

My explanation or drawing

Try a new situation

A learner says, "I am nervous, so I must be weak, and I should hide it." Give a truthful reframe and practical response.

My response and reasons

Later review: Recall observation versus interpretation from the first lesson. Apply it without looking at the journal. At Lesson 18, retrieve this distinction when discussing an overloaded task list.

What I remembered / what I revised

Inner Resilience Anchor

Explore • Plan • Try



Name: _____ Date: _____

My reminder and my choices

My comfortable reminder

What it reminds me to choose

When it helps

When I will change or stop

A next step

Revisit date: _____ One change I want to check:

Inner Resilience Anchor

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- My cue reminds me...
- If I need more than this reminder, I can...
- I would change the cue if...

My explanation or drawing

Try a new situation

A child uses a cue in a noisy room and still wants a break. Explain whether the tool has failed and identify a useful response.

My response and reasons

Later review: Without notes, give a truthful alternative to “Needing help proves I failed.” Revisit both tools during Lesson 17 and explain how a cue differs from attending to an ordinary activity.

What I remembered / what I revised

Post-Adversity Growth Journal

Explore • Plan • Try



Name: _____ Date: _____

A reflection with a closed door

A situation I choose to describe

What was difficult

Support I received or need

What I learned if anything

What stays private

Revisit date: _____ One change I want to check:

Post-Adversity Growth Journal

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- One part I choose to describe is...
- A concrete form of help was...
- I may stop or keep this private by...

My explanation or drawing

Try a new situation

A reviewer says, “You must explain how this painful event made you better before you can finish.” Respond using the journal’s boundaries.

My response and reasons

Later review: Recall how feedback targets an observable action rather than a person’s worth. Apply that distinction to a fictional mistake. During the final project, review the method using a new fictional setback, not a private entry.

What I remembered / what I revised

Mindful Presence Practice

Explore • Plan • Try



Name: _____ Date: _____

Listen, return, describe

An ordinary detail

What I noticed

Where my attention went

How I returned

Keep change or stop

Revisit date: _____ One change I want to check:

Mindful Presence Practice

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- I chose to notice...
- When attention wandered, I...
- A safe ordinary opportunity might be...

My explanation or drawing

Try a new situation

While safely sitting at a table and observing a leaf, a learner starts thinking about tomorrow's game. They notice this and say they must begin the whole exercise again as punishment. Explain another response.

My response and reasons

Later review: Explain the difference between a reminder cue and giving attention to an activity. Demonstrate either through a fictional example. After Chapter 40, retrieve the practices again and discuss offering company without controlling feelings.

What I remembered / what I revised

Purpose-Driven Pause

Explore • Plan • Try



Name: _____ Date: _____

Purpose, essentials, help

1. The purpose

2. What is essential now

3. What can wait

4. Support to request

5. Our revised agreement

Revisit date: _____ One change I want to check:

Purpose-Driven Pause

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- The purpose I want to preserve is...
- I need to clarify this requirement...
- Could we agree to...?

My explanation or drawing

Try a new situation

A student has a group science presentation tomorrow. The teacher requires the observation results and the source list. The student also planned a decorative moving title, and cannot finish all three alone. Apply the pause and draft a help request.

My response and reasons

Later review: Retrieve the difference between a stress signal and a judgment about weakness. Apply it to the overloaded learner. After Chapters 30–32, explain why rest and support can accompany responsibility.

What I remembered / what I revised

Personal Legacy Blueprint

Explore • Plan • Try



Name: _____ Date: _____

Values with ordinary roots

A value that matters to me

An ordinary action now

Who may benefit

A future possibility

Support rest and review

Revisit date: _____ One change I want to check:

Personal Legacy Blueprint

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- I hope people experience this when I work with them...
- A contribution I might explore is...
- This week I can...

My explanation or drawing

Try a new situation

A learner writes, "If I do not become a famous inventor, my life will not count." Revise the blueprint statement.

My response and reasons

Later review: Recall how a broad value becomes an observable commitment. Use the same move on one blueprint branch. In Lesson 24, revisit the branch and explain what stayed meaningful even if the action changed.

What I remembered / what I revised

Mentorship Multiplier

Explore • Plan • Try



Name: _____ Date: _____

Teach one step, then let go

The bounded skill

What I will model

What the learner will try

How I will check understanding

Support without taking over

Revisit date: _____ One change I want to check:

Mentorship Multiplier

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- Before I explain, I will ask...
- Instead of taking over, I can say...
- The learner showed understanding by...

My explanation or drawing

Try a new situation

A mentor completes every difficult step for a learner and says, "They mastered it because the result is perfect." Evaluate the claim.

My response and reasons

Later review: Retrieve Notice, Explain, Try, Check before reviewing the teaching attempt. Ask the learner for feedback on your explanation and apply one agreed change at a later practice.

What I remembered / what I revised

Sustainable Impact Planner

Explore • Plan • Try



Name: _____ Date: _____

The project after we leave

1. What must keep happening

2. Resources needed

3. Who agrees to continue

4. Backup or smaller plan

5. Try the handover

6. Review date

Revisit date: _____ One change I want to check:

Sustainable Impact Planner

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- This needs attention each time...
- If the usual helper is away...
- A sign the project remains useful is...

My explanation or drawing

Try a new situation

A club starts watering a garden, but its plan only names the opening-day volunteers. There is no agreed later schedule, absence contact, or procedure for reporting a problem. Propose a limited continuing plan without giving gardening instructions.

My response and reasons

Later review: Recreate a task dependency from memory and transfer that idea to the recurring plan. During Lesson 23, ask how an experienced person would improve the backup arrangement.

What I remembered / what I revised

“My Story, Our Future” Narrative

Explore • Plan • Try



Name: _____ Date: _____

One moment, honest credit

What I actually did _____ _____ _____ _____	Who helped and how _____ _____ _____ _____
A lesson supported by the record _____ _____ _____ _____	A hope for later _____ _____ _____ _____
What I have permission to share _____ _____ _____ _____	

Revisit date: _____ One change I want to check:

“My Story, Our Future” Narrative

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- What I actually did was...
- The help I received was...
- I hope to contribute next by...

My explanation or drawing

Try a new situation

A learner writes, “I alone changed everyone’s lives.” The case facts are: the learner drafted one instruction sheet; two teammates helped test and revise it; after revision, one tester located the first step without help. Rewrite the claim without adding facts.

My response and reasons

Later review: Recall the difference between a contribution delivered and an impact merely hoped for. Check the narrative for that difference. Revisit it in the closing project after another small action.

What I remembered / what I revised

Intergenerational Wisdom Exchange

Explore • Plan • Try



Name: _____ Date: _____

Experience meets a new question

Permission and chosen topic _____ _____ _____ _____	My open question _____ _____ _____ _____
What the person said _____ _____ _____ _____	A follow-up question _____ _____ _____ _____
What needs another source _____ _____ _____ _____	Allowed sharing _____ _____ _____ _____

Revisit date: _____ One change I want to check:

Intergenerational Wisdom Exchange

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- May I take notes for...?
- What would you do differently now?
- A question we still share is...

My explanation or drawing

Try a new situation

An older neighbor discusses repairing a chair and allows a learner to take private notes. The neighbor declines recording and public sharing. A club asks for a video of the conversation. Respond and propose a permitted follow-up.

My response and reasons

Later review: Retrieve the difference between naming a backup and explaining the contact procedure. Ask whether an experienced person can identify a missing step in your earlier plan, without assuming they must agree with it.

What I remembered / what I revised

Lifelong Contribution Commitment

Explore • Plan • Try



Name: _____ Date: _____

Words worth returning to

What I want to keep practicing

A contribution within my reach

Support and rest

Evidence from an attempt

When I will revise the promise

Revisit date: _____ One change I want to check:

Lifelong Contribution Commitment

Practice • Explain • Revisit



Name: _____ Date: _____

Think about your activity

- Even if my goal changes, I want to practice...
- When I need support or rest, I will...
- At review I will ask...

My explanation or drawing

Try a new situation

A learner's original goal was to lead a weekly club activity. The available room closes, and the learner now has less free time. They say the changed plan proves they have no commitment to helping others. Respond and propose a revised commitment.

My response and reasons

Later review: Revisit the blueprint from memory first, then compare it with the page. Identify one continuing value and one method you would revise. Retrieve the mentorship and sustainable-planning tools during the closing project as well.

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

Possible futures

Reusable page • Copy as needed



Name: _____ Date: _____

One possible situation

Another possible situation

Signals and uncertainties

What I could responsibly do

Service and contribution

Reusable page • Copy as needed



Name: _____ Date: _____

Proposed action

Who to ask first

Permission and limits

Evidence of result
