



2-4-3 Quick Guide to Breakout Activity Options for Lesson on *Everyday Heroism*

Reading Aloud activity: We recommend the following books that embody the themes of this lesson plan. After reading each book aloud, ask the children how it relates to everyday acts of heroism. Children may draw pictures of the story as they listen or afterwards.

- [Last Stop on Market Street by Matt de la Peña](#)
- [Marvelous Cornelious: Hurricane Katrina and the Spirit of New Orleans by Phil Bildner](#)
- [Lend a Hand: Poems about Giving by John Frank](#)
- [Have You Filled a Bucket Today by Carol McCloud](#)

Physical activity: Community-building games

1. *Stone Soup*: Send each child outside to find ingredients (pieces of grass, rocks, feathers, leaves, etc.) for an imaginary soup that will feed the community. Have kids pretend to build a fire and stir the soup as it cooks. Each kid will announce what type of “vegetable” they are adding into the pot. Then pretend to have a group meal.
2. *Jump the Creek*: Lay out two long ropes about a foot apart. Divide the children into two teams placed at opposite ends of the play area. On your signal, the two teams run and try to jump the ropes. Keep on widening the ropes each time. If the students land in the creek, they must dry their feet (lie on their back and shake their legs) before continuing.
3. *Tangled Up*: Sort the children into groups of up to 12 people. Have each child take one hand and grab the hand of anyone in the group except the people standing next to them. They then take their other hand and grab the hand of anyone in the group except the people standing next to them and the person they are already holding hands with. The challenge is to get untangled without letting go of each other’s hands and emphasizes that getting untangled requires a lot of communication and cooperation.

Drama/Theater activity: Invite kids to form groups and create a skit about this week’s theme, which is *Everyday Heroism*. Below are prompts:

- “You and your friends get to replace the Mayor of your town for one week. Make a skit about the social issues facing your town that you are going to try to improve. How will you make positive changes? By passing new laws? Raising money? Holding rallies? Show us how you will enact your plan.”
- “You can either receive a million dollars to spend on a social cause OR you can receive 1,000 volunteers to mobilize on a social cause. Have half the group advocate for how the money is better and have the other half of the group advocate for the volunteers.”

Visual Art activity: Each child will make cards and messages of support that will be delivered to members of the local community that are living in nursing homes, shelters, or hospitals.

- Work with the kids to identify several different populations that will be receiving cards and messages. All week, make cards and drawings. Supplies can include cardstock, construction paper, glue, stickers, markers, cut-out hearts, doilies, stamps, crayons, etc.
- Provide kids with sample messages such as: “We care about you!” “We love you!” “We are thinking about you!” “We are standing with you!” When finished, deliver the finished cards to the chosen destinations or send them in a big mailing envelope or box.