

Heroes Circle Program Implementation

The Heroes Circle curriculum consists of 26 discussion-based, week-long lessons developed in an in-person format and an alternative, virtual-learning format.

In-Person Lesson Plans

Fifteen-minute daily sessions follow a consistent linear flow Monday-Friday:

- **Monday:** Teachers introduce the week's theme and show the corresponding video. The video focuses on the theme through the use of an animated short film and a message from one of the Heroes Circle Martial Arts Therapists.
- **Tuesday:** Teachers begin by reviewing information from Monday's video. Next, they will lead a discussion on key concepts to enhance student understanding of lesson topics.
- **Wednesday:** After linking to the previous days' lessons, teachers lead student-centered discussions to encourage collaboration and promote a sense of community while reinforcing lesson concepts.
- **Thursday:** Teachers continue to emphasize previous learning while students engage in activities that provide personal connections to the Heroes Circle philosophy while also incorporating ELA, Social Studies, and Health standards, as well as social and emotional (SEL) competencies. Weekly activity sheets are provided where applicable.
- **Friday:** Students share their work; lessons are summarized through class-wide collaboration and a review of the weekly Key Message.

Alternative Format

Virtual Lesson Plans

15-25 minute sessions that follow a linear flow, three days per week.

- **Day 1:** (15 minutes) Teachers introduce the week's theme and show the corresponding video. The video focuses on the theme through the use of an animated short film and a message from one of the Heroes Circle Martial Arts Therapists.
- **Day 2:** (20-25 minutes) Teachers begin by reviewing information from the previous day's video. Next, they will lead a discussion on key concepts to enhance student understanding of lesson topics gradually shifting the conversation to student-centered discussions that encourage collaboration and promote a sense of community while reinforcing lesson concepts. At the end of the session, students will engage in activities that provide personal connections to the Heroes Circle philosophy while also incorporating ELA, Social Studies, and Health standards, as well as social and emotional (SEL) competencies. Weekly activity sheets are provided where applicable.
- **Day 3:** (15-20minutes) Students share their work; lessons are summarized through class-wide collaboration and a review of the weekly Key Message.

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All lessons incorporate the six core objectives that form the foundation of the Heroes Circle, which include:

- **The Martial Arts Mindset**, which emphasizes the mantra, “Power Peace Purpose” as students explore martial arts theories and practices.
 - Week 1: Introduction to the Heroes
 - Week 2: The Greatest Part of the Martial Artist
 - Week 5: Power, Peace, Purpose
- **What Happens in Your Brain and Your Body When You Experience Stress**, which addresses physiological and psychological stress responses while differentiating between brain functions and mental mindsets.
 - Week 3: Stress and the Brain
 - Week 4: You Are Not Your Brain
 - Week 6: Major Brain Parts
 - Week 7: The Brain’s Stress Response
 - Week 8: The Fight or Flight Response
- **You Have the Power to Respond Differently**, which introduces the Heroic Response while providing strategies for combating negative thinking.
 - Week 9: The Heroic Response
 - Week 10: Combating Negative Thoughts
- **Putting Your Power to Work: Overcoming Negative Thoughts and Feelings**, which teaches students how to rise above negative experiences and put stressful events into perspective.
 - Week 11: Speaking of Accents
 - Week 12: Having a Bad Dream
 - Week 13: The Power of YET
 - Week 14: Feeling Lonely
 - Week 15: Feeling Picked On
 - Week 16: Feeling Jealous
 - Week 26: The Big Test
- **Putting Your Power to Work: Handling Challenging Social Stations**, which helps students navigate challenges in friendships and social circles.
 - Week 17: Stuck in the Middle
 - Week 18: Arguing with Friends
 - Week 19: Making New Friends
 - Week 20: When Friends Don’t Include You
 - Week 22: Fitting in Versus Belonging
 - Week 25: Helping a Friends Who Feels Down
- **Taking Care of Yourself**, which fosters self-care, bolsters effective communication and study skills and addresses the impact of social media
 - Week 21: Talking to Your Parents
 - Week 23: Stress and Self-Care
 - Week 25: Helping a Friends Who Feels Down