



THE HEROES CIRCLE®

3rd, 4th, & 5th GRADE

Teacher's Edition

Sponsored by

THE
D. DAN & BETTY KAHN
FOUNDATION

Dear Educators,

I want to start by saying thank you!

The daily struggle to balance lesson plans, grading, meetings and mentorship can make it easy to forget how much power you truly have as teachers. You are helping to shape the lives of your students with every interaction that you have with them. We are honored to partner with you in positively impacting students' minds and creating a culture that is focused on their empowerment.

The Heroes Circle is a global healing and wellness initiative inspired by the children of Kids Kicking Cancer. At its core, it promotes the ability for all children to self-regulate, care for others, and learn to respect the power within themselves. Throughout this curriculum, you will hear and see our mantra, Power Peace Purpose. These words create an approach unique to the teaching community. It promotes student empowerment and self-regulation in response to everyday situations.

The Heroes Circle provides multiple unique experiences for children and teachers. The breathing techniques are simple, movement-oriented, imagery-based and easy to integrate. Most importantly, all lessons are connected to the "precocious" amygdala of adolescent children who want to be powerful and in control.

At the same time, students are introduced to the fact that there are many children within their school, neighborhood and even hospitals around the world who are lonely and feel different from everyone else. When students take a Breath Brake®, we will provide the opportunity to allow our Heroes Circle community around the world to thank their new friends. Your students will be helping others as they retrain their brains to control the damaging chemicals of stress and trauma. Empathy is a powerful therapeutic tool at the center of the Heroes Circle.

The stress that children bring into the classroom underlies the greatest challenges you face in effectively imparting information and skills to your students. Together with our Heroes Circle tools, the depth of your concern for each child, and your years of training and experience, we will continue to build an environment of empowerment and growth for each child.

Thank you for becoming a member of our Heroes Circle family.

Power Peace Purpose,



Rabbi Elimelech Goldberg

Founder and International Director - Kids Kicking Cancer

Clinical Associate Professor Wayne State University School of Medicine



Childhood Resilience Initiative

The Childhood Resilience Initiative (CRI) is a Heroes Circle program that uses the meditation, movement, and empowerment of the martial arts as a therapy to build positive stress responses for children facing multiple levels of trauma and anxiety. It is applicable in schools, home, and in the community. The CRI Committee is composed of educators, therapists and community leaders who view this outreach as a simple and sustainable solution to lowering stress and trauma in children and seek to spread its growth, locally, nationally, and globally.

The criminal and civil justice systems are directly impacted by the growth of mental health challenges in the community. The Heroes Circle is a unique, sustainable, upstream solution. We are working hard in the Childhood Resilience Initiative to spread these evidenced-based techniques throughout the State of Michigan and beyond.

Bridget McCormack

Chief Justice, Michigan Supreme Court
Co-Chairperson, The Childhood Resilience Initiative



As an educator for over 25 years, I have seen a number of educational programs at all grade levels. Yet, I have never experienced one that has as profound of an impact on a school community as the Heroes Circle. The locus of control is on students who are empowered to utilize skills they develop while participating in the program to be their best selves. Through their skill set and a process of self-discovery they exhibit more empathy, mental health and wellness, emotional and behavioral self-regulation and healthier social relationships. Now more than ever, our society is craving citizens who demonstrate these skills. Developing these skills as habits or as ways of being at the elementary level will lead to students with better academic, social and behavioral outcomes and give our Oak Park School District graduates an advantage while positively contributing to our world.

Jamii J. Hitchcock, PhD

Former Superintendent, Oak Park Schools
Co-Chairperson, The Childhood Resilience Initiative

CRI Committee

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Acknowledgements

Jamila Carrington Smith
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Joanna Jarc Robinson, Ph.D
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Illustration: **Barak Drori**
Video Production: **Taylor Dalton and Scott Wasserman**

We thank the following people for generously lending their time and talent to support this program:

Cindy Cohen
Richard Plowden
Clarke Smith

Peter Davenport
Lynn Ross
Grayson Smith

Michael Hunt
Ned Specktor
Mackenzie Wright

Special thanks to **Rabbi Elimelech Goldberg**, Founder and Director, Kids Kicking Cancer.

**And finally, our most heartfelt thanks to the children of Kids Kicking Cancer
and their families, who are the inspiration for this program.**

