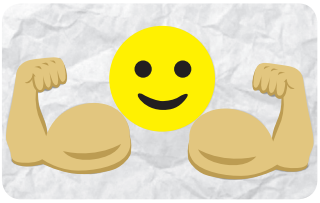
Activity Sheet - **5C: HEROIC RESPONSE**

Name _____ Date _____

Use all the words in the box to write a paragraph to describe the Heroic Response.

stress response	**muscles**	**tight,**
mindful	**think**	**stop**	**brain**
powerful	**fight or flight**	**Breath Brake**



As a powerful martial artist in the Heroes Circle, your purpose is to teach others the skills and techniques you learn. Who will you teach about the Heroic Response?

What other Heroes Circle techniques could you teach others?

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