

Vocabulary:

Goal - Something that you hope to achieve in the future.

Dedication - Feeling strong support or loyalty to someone or something.

Perseverance - The act of continuing to try to do something, even though it may be hard.

Teacher's Notes:

How To Begin and End Each Lesson

Begin With a Breath Brake

Instruct students to stand at attention, repeat the hand motions and the mantra, **Power Peace Purpose**, and end with a bow. Ask students to take several breaths to clear their minds and prepare to watch the video.

Teacher Statement:



The Breath Brake helps us clear our minds, relax and focus. Focused breathing stops the flow of stress chemicals from the brain. You can close your eyes if you want to. Follow along:

- ★ *Breathe in through your nose, slowly and deeply. Think of each breath as a wave as it gently raises, holds, and then slowly lowers your body.*
- ★ *Hold it for three seconds.*
- ★ *Breathe out slowly and steadily from your mouth while you feel your body gently relax.*
- ★ *Breathe in and visualize that you are breathing in a powerful light.*
- ★ *Breathe out and imagine you are blowing out any darkness.*
- ★ *Breathe in, hold for 3 seconds, then breathe out. Repeat as needed.*

*Remember when you breathe, you are helping others who need your light. **Power Peace Purpose.***

There are thousands of children around the world who spend a lot of time in the hospital. Sometimes, they feel very lonely. When you join the Heroes Circle, it makes them feel better. When you do your power breathing you are also teaching your family and friends around you. You are an amazing teacher and a good friend!

End with Power Peace Purpose:

Recite and review the Power Peace Purpose mantra with students at the end of each day's lesson. Then, the students bow.



The Breath Brake helps you restore your power, brings you to a place of peace, and enables you to understand your purpose.

Unit 3A: Introduction to The Heroes Circle & Power Peace Purpose

Day 1: WATCH



Focus: Social Awareness

Students will watch a video that focuses on an introduction to the Heroes Circle, the **Power Peace Purpose** mantra, and the importance of setting goals in life. In this lesson, students will:

Learning Objectives: In this lesson, students will:

- Observe how children in the Heroes Circle use the power of martial arts, breathing, and movements to build strength.
- Identify the importance of hard work, dedication, and perseverance in reaching a personal goal.
- Practice the Breath Brake and repeat the **Power Peace Purpose mantra**.

Time Requirement:

15 minutes



Materials Needed:

Video - HeroesCircle.org/SupportMaterials3

Lesson Process:

1 Begin with a Breath Brake:

Begin the lesson with the mantra **Power Peace Purpose**. Then, students bow. Lead students through a Breath Brake.

2 Introduce key concepts:



Today we are going to join the Heroes Circle. The Heroes Circle children from all over the world, some of who are battling illnesses. They use the power of martial arts breathing and movements to feel super strong in all sorts of situations in life. When you join the Heroes Circle, you are sending a message of support and helping them feel even stronger! Your light will be making a big difference in their lives and the lives of everyone you know! This week we will focus on the importance of hard work, dedication, and perseverance when working on a goal that you set for yourself.

3 Show the video:

Show Video – HeroesCircle.org/SupportMaterials3

4 Talk about key concepts:



Remember these definitions as we talk about goal setting:

Perseverance is the act of continuing to try even when things are difficult.

Dedication is the feeling of strong support or loyalty to the goal.

Use the following talking points to encourage students to think about goal setting:



- Why is it important to set goals for yourself? Responses may include:
 - It gives you focus and direction, something to work toward.
 - It helps you plan for what you want to achieve.
 - It gives you a purpose, and you can be proud when you reach a goal.
- How can hard work help you reach your goal? Responses may include:
 - Practice and hard work will help you improve little by little toward the goal.
 - Each step will take you closer to your goal.
- Why are perseverance and dedication important when you set a goal for yourself?
Responses will vary.

5 End with Power Peace Purpose mantra:

Power Peace Purpose. Then, students bow.

Day 2: THINK

Focus: Responsible Decision Making

Students will be encouraged to think and talk about the Heroes Circle, the **Power Peace Purpose** mantra.

Learning Objectives: In this lesson, students will:

- Identify the meaning of the **Power Peace Purpose** mantra.
- Describe how the Breath Brake stops the release of the brain's stress hormones and minimizes the body's stress response.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed: N/A

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**.

Then, students bow. Lead students through a Breath Brake.

2 Review key concepts:

*Remember the Heroes Circle video that we watched yesterday. We learned about the Heroes Circle, the **Power Peace Purpose** mantra, and how to do a Breath Brake.*



Ask students to share what they learned from this week's video.

3 Think about key concepts:

*Today we will talk more about the Breath Brake and the meaning of the mantra, **Power Peace Purpose** in the Heroes Circle. The Breath Brake is a breathing technique based on martial arts principles. It combines movement with each breath to put the brakes on stress chemicals released in the body. When students use the Breath Brake, they learn how to self-regulate their response to pain, anxiety, and stress.*



4 Talk about key concepts:

Discuss the following talking points as a whole class, in a small group, or in partner pairs:

- **What does the Power Peace Purpose mantra mean? Responses may include:**
 - You have power that you can use when you feel stressed, overwhelmed, angry, or in pain.
 - You can find peace when you breathe, focus, heal and learn in a place of calm.
 - Your purpose is to teach others to find their **Power Peace Purpose**.
- **How does the Breath Brake help you manage stress, pain, anger, and fear? Responses may include:**
 - It can bring you calm, peace, and joy. It can release pain, fear, and anger.
 - It relaxes muscles. It stops signals from the brain that tries to trick you.
 - It helps you take control of yourself. It can help you respond to stress safely.
- **How does your Breath Brake help others in the Heroes Circle? Responses may include:**
 - You can teach and inspire others to respond to stress with calm confidence when you do a Breath Brake.
 - When you do a Breath Brake, you share your light with others.



5 End with Power Peace Purpose:

Power Peace Purpose. Then, students bow.

The Heroes Circle mantra, **Power Peace Purpose**, captures our goal of helping children who are experiencing stress:

- **Power:** Children may feel powerless. The Heroes Circle helps children recognize and connect to their power to establish inner control even if they feel stressed or overwhelmed.
- **Peace:** When using the Heroes Circle martial arts techniques children can combat negative thoughts, eliminate self-defeating behaviors, and navigate challenging social situations, restoring them to a place of real power.
- **Purpose:** The Heroes Circle participants adopt a mindset of helping other children who may be in pain. Teaching others reinforces what they have learned and adds perspective to the difficulties they may have encountered. When we ask children their purpose, they yell out, "TO TEACH THE WORLD!"

Using the Breath Brake and the **Power Peace Purpose** mantra can calm the body, help regain control, and allow people to make better decisions when managing stressful situations.

Unit 3A: Introduction to The Heroes Circle & Power Peace Purpose

Day 3: DISCUSS

Focus: Relationship Skills

Students will talk with each other about the Heroes Circle, the **Power Peace Purpose** mantra, and setting goals.

Learning Objectives:

In this lesson, students will:

- Identify the importance of goal setting in life.
- Analyze how hard work, perseverance, and dedication can help them reach a goal.
- Practice the Breath Brake and repeat the **Power Peace Purpose mantra**.

Time Requirement:

15 minutes



Materials Needed: N/A

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Then, students bow. Lead students through a Breath Brake.

2 Review key concepts:

What were some of the important messages we learned from the video about the Heroes Circle? We learned how to set goals and work hard to reach those goals. We learned about perseverance and dedication.



Ask students to describe how hard work, perseverance, and dedication can help them reach their goals.

3 Discuss key concepts:

Today, we will talk more about the kind of goals you can set (academic, physical, personal, or social) and your ideas about a goal you'd like to set for yourself.



Split the class into teams and assign each team a goal category (academic, physical, personal, or social). Ask teams to brainstorm and write a list of goal examples for that category. Have a spokesperson from each team share the goal examples in the assigned category. Post the lists in the classroom so students can refer to them.

Use the following talking points to encourage discussion about setting goals:

- **How can friends support each other in reaching their goals? Responses may include:**
 - Ask for help when needed.
 - Share ideas.
 - Remind them to stay focused.
- **Identify positive statements about perseverance, dedication, or hard work that could help motivate you to reach your goal. Responses may include:**
 - You can do this.
 - Don't give up.
 - Hard work will pay off.



4 End with Power Peace Purpose:

Power Peace Purpose. Then, students bow.

Day 4: APPLY

Focus: Self-Management

Students will work independently to apply the concepts from the Heroes Circle and the **Power Peace Purpose** mantra video to a self-reflective activity about setting goals.

Learning Objectives: In this lesson, students will:

- Set a personal, academic, physical, or social goal.
- Identify strengths, support, and specifics to help them reach their goals.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed:

ACTIVITY SHEET -
3A: I CAN REACH MY GOAL

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Then, students bow. Lead students through a Breath Brake.

2 Review key concepts:

Yesterday, we talked about different goals we could set for ourselves.

We brainstormed examples of goals in these categories: academic, athletic, personal, or social.



Today, we will use those ideas, and you will set a goal for yourself. Remember, it should be achievable with dedication, perseverance, and hard work. Think about what you would really like to do or improve upon.

3 Personalize key concepts:

Use the following talking points to encourage students to personalize the key concepts:



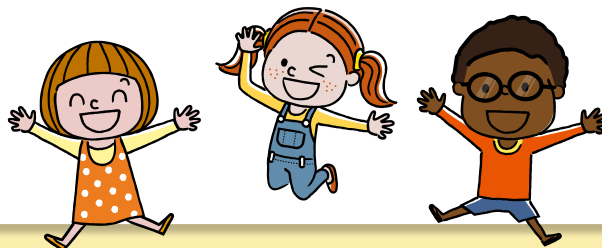
- What goal would you like to (or did you) set for yourself? Responses will vary.
- What strengths or interests can help you reach your goal? Responses will vary.
- Who can support you in reaching your goal? Responses will vary.

4 Apply key concepts:

Distribute the ACTIVITY SHEET - 3A: I CAN REACH MY GOAL. Ask students to work independently to choose a personal goal and write their responses to the sentence stems. Encourage a few students to share their goals and/or responses with the group.

5 End with Power Peace Purpose:

Power Peace Purpose. Then, students bow.



Activity Sheet - 3A: I CAN REACH MY GOAL

Name _____ Date _____

**Start creating your goal by choosing one of the four categories:
Personal, Academic, Social, or Physical.**

My goal is to _____.

My strengths are _____.

I can work hard by _____.

Someone who supports me in reaching my goal is _____.

When I reach my goal, I think I will feel _____.



This is what I will look like when I have reached my goal.



Day 5: SHARE



Focus: Self-Awareness

Students will share their learning about the Heroes Circle, the **Power Peace Purpose** mantra, and setting goals.

Learning Objectives: In this lesson, students will:

- Identify at least two steps that will help them towards reaching their goal.
- Identify a positive statement that will help them maintain direction toward reaching their goal.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed:

ACTIVITY SHEET -
3A: I CAN REACH MY GOAL

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Then, students bow. Lead students through a Breath Brake.

2 Review key concepts:



This week, we learned about the Heroes Circle and the techniques that will help us gain Power Peace Purpose in life. We practiced the Breath Brake and repeated the mantra. Then we learned about the importance of setting personal goals and how goals can motivate, give direction in life and drive us forward. We also learned how hard work, perseverance, and dedication could help us reach those goals.

3 Share the learning:



Today, we will review our goals and identify a few smaller steps that will help us reach that goal. We will also identify a positive statement that will help us stay motivated as we work toward it.

Ask students to reflect on their completed activity sheet, ACTIVITY SHEET - 3A: I CAN REACH MY GOAL. Explain that everyone needs support and encouragement to reach a goal. Students can be their own best and biggest cheerleaders. Ask them to identify a positive statement about perseverance, hard work, or dedication that will encourage them to work toward their goal. Have them write the statement on their paper. Ask for a few volunteers to share their positive statements with the class.

Use the following talking points for additional discussion about goal setting:



- How can the Breath Brake help you? Responses will vary.
- How can reciting the mantra **Power Peace Purpose** help you? Responses will vary.
- How could your goal, hard work, dedication, and perseverance help improve the whole school? Responses will vary.

4 Summarize key concepts:



We learned about the Heroes Circle, the Power Peace Purpose mantra, and the Breath Brake this week. We learned about goals, and the importance of hard work, dedication, and perseverance in reaching those goals. Let's move forward with the techniques we learned and focus our attention on the small steps we can take toward reaching our goals.

5 End with Power Peace Purpose:

Power Peace Purpose. Then, students bow.