

### Vocabulary:

**Sensei** - A Japanese term used in martial arts meaning teacher.

**Taekwondo** - A martial arts style that originated in Korea and that uses kicks and punches but no weapons.

**Mantra** - A word or phrase that is repeated to express a person's basic beliefs. Power Peace Purpose.

**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.*

## 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 meaning of the **Power Peace Purpose** mantra.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

**Time Requirement:**

15 minutes



**Materials Needed:**

Video - [HeroesCircle.org/SupportMaterials5](https://HeroesCircle.org/SupportMaterials5)

## 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 Introduce key concepts:



*Today we are joining the Heroes Circle. The Heroes Circle includes children from all over the world, some 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 toward goals. We will also discuss your role in the Heroes Circle, your ability to manage stress, and how that can affect others worldwide. Finally, we will identify personal and classroom goals that can positively affect others in the school, community, and the world.*

### 3 Show the video:

Show the video – [HeroesCircle.org/SupportMaterials5](https://HeroesCircle.org/SupportMaterials5)

### 4 Talk about key concepts:



*Remember, the Heroes Circle includes children from all around the world who need connection and light. When you join, you are helping them! You have incredible power as a martial artist. As you grow and learn as a powerful martial artist, you will acquire tools and techniques that can change the world. Let's talk about the impact you can make on others.*

**Use the following talking points to encourage students to consider their role in the Heroes Circle:**

- How will being part of the Heroes Circle improve you, your school, and your community? Responses will vary.
- Give an example of how or when you could use the Breath Brake. How could this powerful response help in a stressful situation? How does it help others? Responses will vary.
- As a powerful martial artist in the Heroes Circle, you are connected to children from other cultures around the world. What do you think about that? Responses will vary.
- Do you believe that you have the power to affect change in others? 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 discuss how the Heroes Circle can help them succeed.

**Learning Objectives:** In this lesson, students will:

- Describe the effectiveness of the Breath Brake, the mantra, and other martial arts techniques in managing stress.
- Analyze how goals, hard work, perseverance, and dedication can help them to be successful.
- 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 remember or learned from the 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 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 makes the Breath Brake a safe, powerful, and easy way to 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 can setting goals help you in life? Responses may include:
  - It can give you a direction, something to work for, and a plan for the future.
  - It can help you stay focused on what you want to achieve.
  - It can help you track success and keep going even when things are difficult.
- Give an example of how the Breath Brake could help you responsibly manage an academic or social situation. Responses will vary.
- How does your Breath Brake help others in your class, school, and 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.
  - The Breath Brake can help create a calm and peaceful school climate where people can deal with stress effectively and safely.
  - 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 5A: Introduction to The Heroes Circle & Power Peace Purpose

## Day 3: DISCUSS

### Focus: Relationship Skills

Students will engage in discussions about the Heroes Circle and setting goals.

**Time Requirement:**

15 minutes



**Materials Needed:** N/A

**Learning Objectives:** In this lesson, students will:

- Identify a problem in the classroom, a solution, and a class goal.
- Analyze how an individual's power affects others, the class, the school, and larger society.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

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

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 goals you can set (academic, physical, personal, or social) and how your individual goal can affect others, like peers, your class, the whole school, and especially the kids in the Heroes Circle. As a powerful martial artist, you have the power to affect and influence others positively – change starts with YOU. Now that you are part of the Heroes Circle, you have a responsibility to help make the world a better place.*

**Use the following talking points to encourage discussion about the Heroes Circle, individual and class goals, and how you can impact others.**

- **How can your role in the Heroes Circle positively affect you and others? Responses may include:**
  - When you feel peace, you are teaching others how to find peace.
  - When you use powerful martial arts tools, you teach others how to use them.
  - When you take a Breath Brake, you share your light, peace, calm, and power with others.
- **Do you think being part of the Heroes Circle and learning the martial arts tools and techniques will help improve your relationships? If so, how? Responses will vary.**

*Now let's identify some goals we could set as a class. What are some values we all can agree upon? Think about how you want to be treated by others. How can each of us be our very best and help others achieve the same level of greatness? What goals could make us ALL better? Responses will vary.*

*What other goals could make our classroom a better place? Think about goals related to communicating, managing feelings, helping others, asking questions, working together, following directions, sharing ideas, and so on. Responses will vary.*

#### 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 personal goals.

**Learning Objectives:** In this lesson, students will:

- Reflect on their individual ability to manage stress and express feelings effectively.
- Identify individual stress management or self-expression goal in detail.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

### Time Requirement:

15 minutes



### Materials Needed:

ACTIVITY SHEET -

5A: *SUCCESS STARTS WITH ME*

## 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 goals we could set as a class and how each individual's dedication to it could improve the classroom (and school) for everyone. We brainstormed examples like respecting the speaker, sharing ideas, helping others, and so on.*

### 3 Personalize key concepts:



*Today, we will talk about your role in the classroom and how critical you are to our success as a group. First, let's talk about the ideas below. As we discuss, think about how you would answer the questions. Next, you'll be asked to create an individual goal and a specific plan for how YOU can make our class and the world a better place.*

**Use the following talking points to encourage students to reflect on and personalize the key concepts.**

- What are some problems you see in our classroom? Think about interactions and behaviors. Responses will vary.
- What is one solution to that problem? Responses will vary.
- Reflect on how you typically manage stress and express your feelings. Do you ever overreact or act negatively? How does your behavior affect others? Give an example. Responses will vary.
- What goal would you like to set for yourself? How could your goal help others? Responses will vary.

### 4 Apply key concepts:

Distribute the ACTIVITY SHEET - 5A: *SUCCESS STARTS WITH ME*. Ask students to work independently to complete the activity sheet.

### 5 End with Power Peace Purpose:

**Power Peace Purpose**. Then, students bow.

# Activity Sheet - 5A: SUCCESS STARTS WITH ME

Name \_\_\_\_\_ Date \_\_\_\_\_

**Rate (circle) your ability to manage stress and express your feelings.  
Then complete the sentences about our classroom and your goal.**

## My ability to manage stress:

- 1** - I give up.
- 2** - I need serious help.
- 3** - I stink at it.
- 4** - I need to try harder.
- 5** - Meh.
- 6** - I'm working on it.
- 7** - I will persevere!
- 8** - I'm getting better!
- 9** - I rock at it!
- 10** - I manage stress like a champ!

## My ability to express feelings:

- 1** - I can't... Yet.
- 2** - I go from 0-60.
- 3** - I have tantrums.
- 4** - I let my anger take over.
- 5** - I disappoint myself.
- 6** - I need practice.
- 7** - I'm working on it.
- 8** - I'm improving.
- 9** - I've got it figured out.
- 10** - I'm awesome at expressing my feelings!

## My ideal classroom is:

\_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_.

The biggest problem in our classroom is: \_\_\_\_\_

As a powerful martial artist, I'm part of the solution.

My goal is: \_\_\_\_\_

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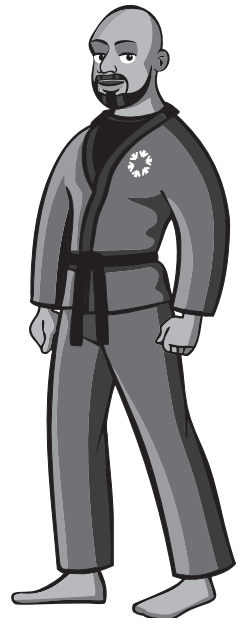
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## Day 5: SHARE



### 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:

- Share feelings and thoughts about the Heroes Circle and describe its important components.
- Share their goal and how their success contributes to the class, the school, and the world.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

### Time Requirement:

15 minutes



### Materials Needed:

ACTIVITY SHEET -  
5A: *SUCCESS STARTS WITH ME*

## 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 joined the Heroes Circle and learned a few techniques that will help us gain Power Peace Purpose in life. We practiced the Breath Brake and repeated the mantra. We learned about setting goals and how reaching an individual goal can impact others in the class, the school, around the world, and especially kids in the Heroes Circle.*

### 3 Share the learning:



*Today, we will talk about our biggest problem in classroom behaviors and how you would prefer the classroom. Then, we will talk about how as a powerful martial artist in the Heroes Circle, YOU can be part of the solution – you can positively affect others in the classroom, school, and world.*

Ask students to reflect on their completed activity sheet, ACTIVITY SHEET 5A: SUCCESS STARTS WITH ME, and share their responses to the activity with the class, in small groups, or with a partner.

### Use the following talking points to encourage discussion about student learning:

- How do you feel about joining the Heroes Circle? What is your role as a powerful martial artist? Responses will vary.
- How can the Breath Brake help you better manage your stress and express your feelings? Responses will vary.
- How will hard work, dedication, and perseverance help you reach your goal? Responses will vary.
- How can taking responsibility for yourself impact others, our classroom, the school, and the other kids in the Heroes Circle? Responses will vary.

### 4 Summarize key concepts:



*This week, we learned about the Heroes Circle, the Power Peace Purpose mantra, and the Breath Brake. We learned the importance of hard work, dedication, and perseverance in reaching goals. We discovered that our success with a goal could significantly impact others. As we move forward as powerful martial artists, let's use the techniques and tools we've learned and build on them, so we can all become our best selves!*

### 5 End with Power Peace Purpose:

**Power Peace Purpose**. Then, students bow.