



# 3 SCREENS

## Action Hero Discussion Guide

**While the assembly program is still fresh on the minds of your students, choose and/or adapt the following questions as appropriate:**

1. Before we had the assembly program, what did you think a hero was?
2. What are two of the most important things that make someone a hero? (Action and Compassion) Remind us how each of the kids in the program were active and how they showed compassion.
3. What is compassion? Can you feel sorry for someone without showing compassion? Explain how you could do that.
4. What three things did the program say we should never do when it comes to bullying? (Never laugh when someone's feelings are hurt; Never join in when others are being mean; Never ignore bullying or pretend not to notice.) Can someone give examples of these kinds of things?
5. What three things did it say we should always do? (Always be kind; Always be a friend; Always join in when someone needs to be encouraged.) Can someone give examples of these kinds of things?
6. If action and compassion can make you a hero, is there anyone who can't be a hero? What can we do to be action heroes in our class, in our school, and in our world? (List some ideas in each category.)

**Suggested activity:** Make posters or banners of key words and phrases-- Action; Compassion; Action and Compassion; Never laugh when someone's feelings are hurt; Never join in when others are being mean; Never ignore bullying or pretend not to notice; Always be kind; Always be a friend; Always join in when someone needs to be encouraged; Compassion is in Fashion

**Suggested application:** Choose one of the action heroes in the assembly to help with their project or set a higher goal in a project you have already started, and suggest ways to reach those goals (For example: selling some of their things in a rummage sale, recycling, or setting up lemonade stands)

*The songs and action heroes depicted in the film are listed on the next page.*



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**You may want to visit the websites of the action heroes in the program, but you need to preview those and supervise any viewing:**

Tyler Armstrong: TopWithTyler.com and cureduchenne.com

Aidan Hornaday: aidancares.com

Vivienne Harr: makeastandlemonade.com (Adults can read more by searching human trafficking online, but you have to be careful about details on this subject)

Matt Woodrum: [espn.go.com/video/clip?id=8296170](http://espn.go.com/video/clip?id=8296170) (Search for information on Cerebral Palsy)

Jump Rope for Heart: [www.heart.org/jump](http://www.heart.org/jump)

**You may want to purchase songs and/or music videos that were in the program (some of the music videos are free to view on YouTube):**

Shooting Star, by Owl City

Rise, by The McClaine Sisters; Disney's friends for Change

It Takes Heart to be a Hero, by Hunter Pecunia; American Heart Association

Run Around, by Blues Traveler (This one was chosen for the harmonica music, so it doesn't really have an especially good message)

Stand Up, by Mike Tompkins

All My Friends are Insects, by Weezer

Let it Grow, by Ester Dean (There is also a version by the Lorax Singers from the movie)

I've Got a Dream, by Mandy Moore and the cast of Tangled

You've Got a Friend in Me, by Brian Wilson of the Beach Boys (Warm-up song)

Everything at Once, by Lenka (Warm-up song)