



Heroes

Age: Grades 4-8

Lesson Plan Two: Ruth Foster

Objective: To understand that heroes come in many forms and can be considered as heroes by many people, a few or a single individual. Making a difference for the environment is a choice that anyone can make.

Background: When I was 9, my teacher asked our class to write about and if possible, contact, someone who we considered to be a hero. The person I chose was and continues to be my environmental hero. She is a retired teacher who co-founded a salmon hatchery in my neighbourhood and she has worked tirelessly over nearly 40 years to educate others on protecting species habitats and has made environmental stewardship her lifelong passion.

Class Discussion:

1. What does the word hero mean to you?
2. Do you have to be famous to be a hero?
3. Do you know any heroes?

Activity: Research some possible environmental heroes (they may be living or deceased) as a class or individually (depending on the age group) and choose an individual that you feel strongly enough about that you would be willing to research their accomplishments and cause and write an essay about their work and goals. It could be someone local, national or international. It could be someone you know or a celebrity on TV. Make a presentation to your class about your hero. Your presentation could take the form of a speech, a poster board, a video, or any other medium that suits your learning style.

Challenge: If possible, write a letter to your hero. Tell them why you admire them and why you believe they are a hero. If your hero is local, perhaps you could contact them for a telephone or in-person interview. Maybe they would even be willing to visit your class. Visit the MyHero.com website for ideas.

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