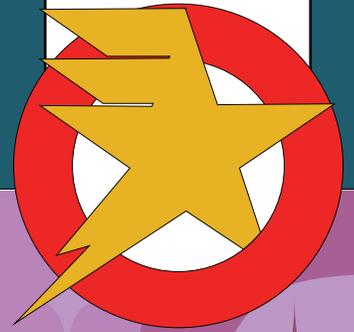


HERO SONG

An Imaginhero™
product from
Cards for Calm LLC



Have students identify a favorite song and establish it as a way to calm themselves.
Grades 1-2. Social Emotional Learning.

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Teacher's Notes

The 'Hero Song' worksheet will help students identify a song that makes them happy, and establish it as a way to self-calm when they feel anxious.

By the end of this exercise, students will have:

Identified a situation that makes them feel nervous.

Identified a song that makes them feel happy.

Established the song as their 'Hero Song'.

Colored the picture, creating a worksheet naming their Hero Song

[Optional] Written lyrics from the song they like to sing

Social Emotional Learning

This worksheet helps students develop self-awareness and self-management in line with the first of the five social emotional learning (SEL) core competencies. It can be used either as part of an established SEL curriculum or as a stand-alone activity.

SEL Goals

Develop self-awareness and self-management skills to achieve school and life success.

Identify and manage one's emotions and behavior.

Demonstrate control of impulsive behavior.

Suggested Introduction

- Discuss situations that make us nervous.
- Discuss songs that make us happy.
- Discuss how, in movies and TV, heroes often have their own 'Hero Song' that plays when they're being brave.
- Have each student pick a song that makes them happy to be their 'Hero Song'.

Example

"Can you think of a time when you felt nervous, or when things seemed too much?"

One thing we can all use that's great to help us not be nervous is music.

Everyone has a song they love. A song that reminds you of something fun. A song that makes you feel happy. A song that makes you feel strong.

Think about some of your favorite heroes on TV or in movies. I bet they have their own theme song. Something that lets you know they're being brave.

Each of you is going to pick a song you can use as your hero song. Something you can sing or hum to yourself when you need just a little help being brave."

Printing Instructions

The cover (Page 1) can be projected onto a screen for the class.

For younger students, or shorter lessons, print 1 copy of Page 5 per student.

For older students, where you want to include additional writing practice, print 1 copy of Pages 5 & 6, double sided, per student.

About Imaginhero

We have created a set of classroom resources as part of our commitment to help children better manage their emotions. Each resource can be used independently, or incorporated into a wider curriculum focused on Social Emotional Learning. You can find more resources at imaginhero.com.

Imaginhero is a framework to help children explore and express their emotions using the language and imagery of superheroes. Using techniques from cognitive behavioral therapy and mindfulness, Imaginhero helps students identify dysfunctional emotions, behaviors, and thoughts and develop new, healthier alternatives.

Through reimagining a situation as if they were a superhero, students can learn to develop their own productive, non-aggressive responses to challenging situations.

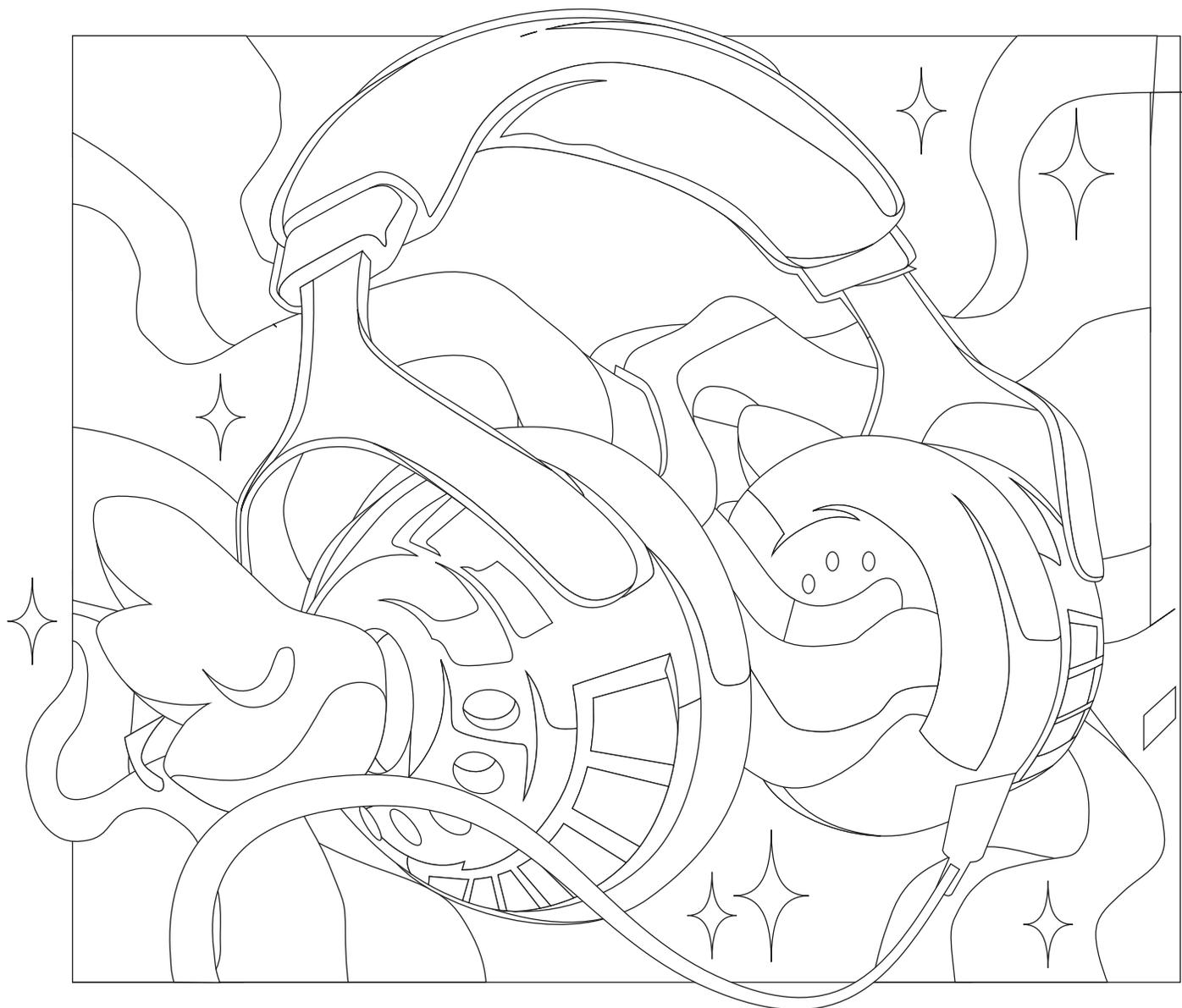
Imaginhero: The Game

Designed to be used independently, this worksheet can also be used alongside the Imaginhero card game. For ages 8+, it's a great way to help kids develop the tools they need to establish healthy emotional responses to challenging situations.

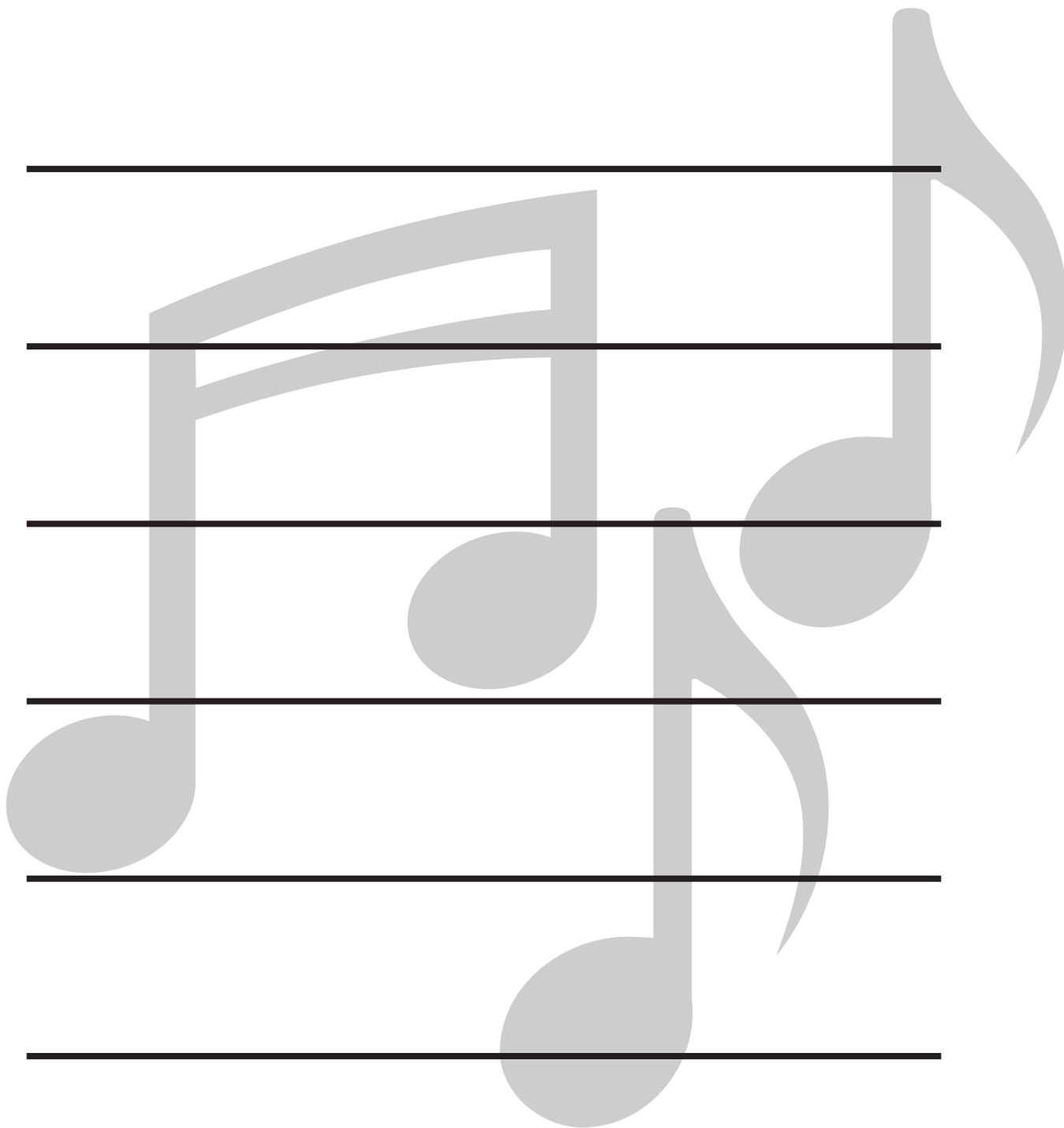
Fun to play, Imaginhero is rooted in widely-used, and well-evidenced, therapeutic approaches used in cognitive behavioral therapy.

The gameplay is designed to help develop emotional intelligence and empathy. Each superpower is based on an underlying visualization that promotes positive thinking, and each supervillain represents an unhealthy response to an overwhelming emotion.

MY HERO SONG IS



MY FAVORITE PART TO SING IS:



THIS SONG MAKES ME FEEL
