



Introduction:

Heroism and Mindfulness

Monday 16th January 2017



Two things...

What are two things that you can do well?

I can _____

I can _____

What are two things that you don't do well?

I can't _____

I can't _____

Your heroes

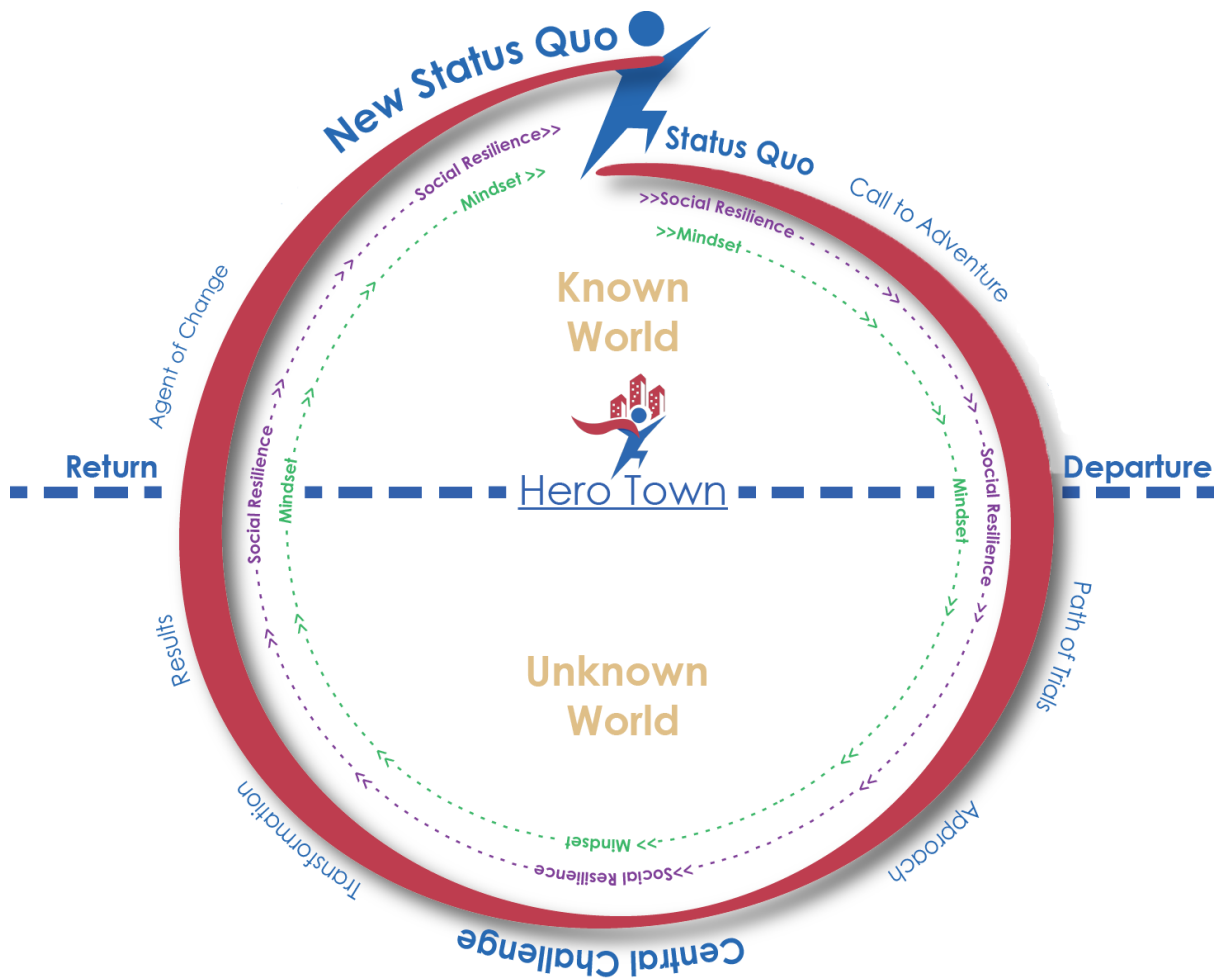
List three of your heroes

What makes them heroic?



Hero's Journey

Hero's Journey: Most often used as a literary device, the tool can be applied for deeper self-understanding, insight, and perspective into the struggles we and others face when confronting challenge and change

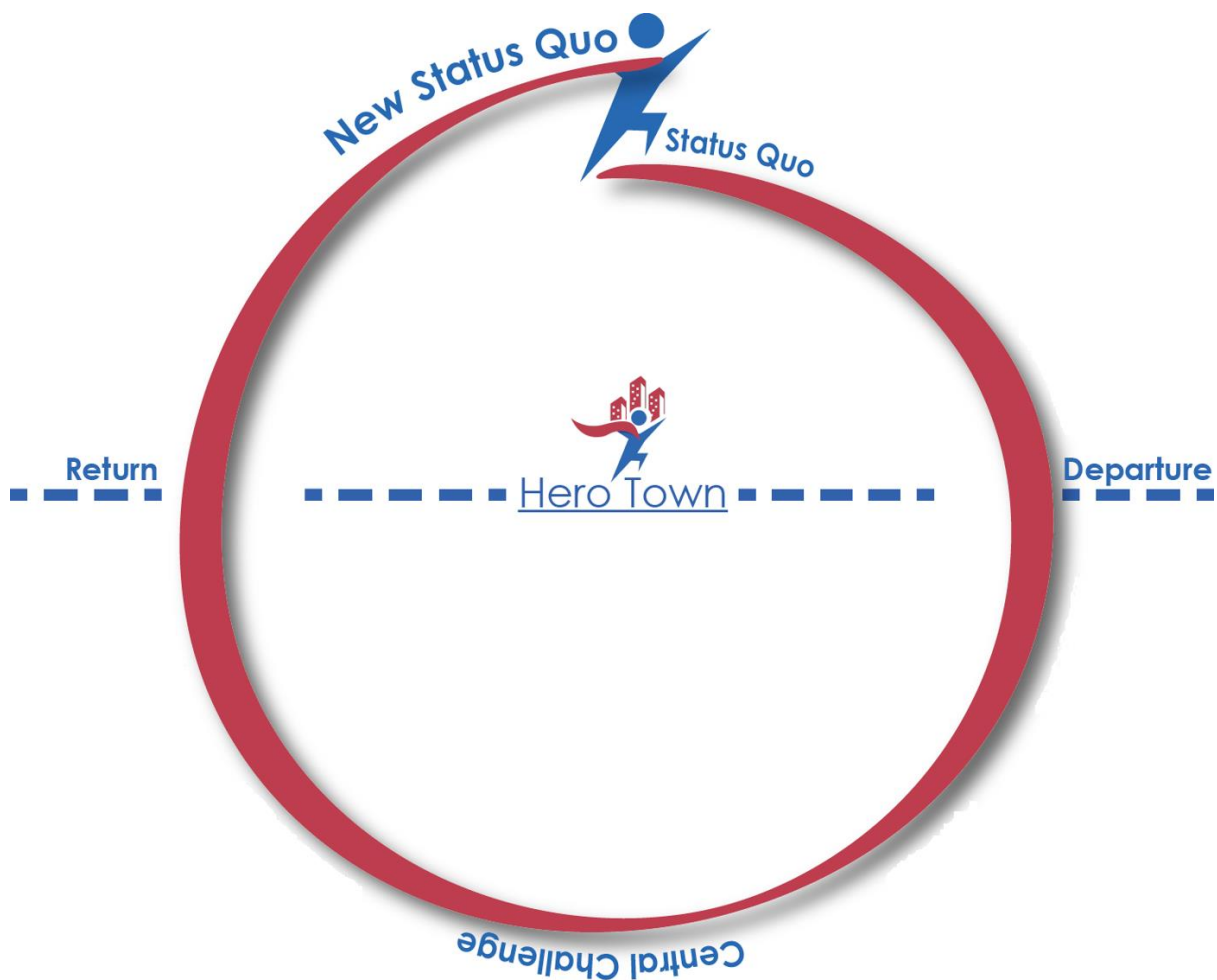




Hero's Journey- Example

Movie Title:

Character/Group name:





Glossary

Bystander Effect: When the presence of others discourages an individual from taking action in an adverse situation

Everyday Hero: An everyday hero is an individual who voluntarily creates positive change on behalf of themselves or others, with acceptance of potential risks/sacrifice

FAIL: First or Further Attempt In Learning

Fixed Mindset: The belief that talent, ability, and intelligence are FIXED and CANNOT be adapted and changed through learning, experience and feedback

Growth Mindset: The belief that talent, ability, and intelligence can be adapted and changed through learning, experience and feedback

Hero's Journey: Most often used as a literary device, the tool can be applied for deeper self-understanding, insight, and perspective into the struggles we and others face when confronting challenge and change

Mindfulness: Mindfulness is the purposeful practice of exercising attention, resilience, and mental strength to remain in the present with a curious and receptive mindset

Positive Deviance: A person's behaviours, beliefs/attitudes, or characteristics that contradict social norms in a positive way



Notes