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# A Week of Heroes: Learning Citizenship Through Stories

## Materials Needed:

- A blank notebook to serve as a "Book of Heroes"
- Drawing supplies (crayons, colored pencils, markers)
- Construction paper, scissors, and glue
- Recycled materials for crafting (cardboard circles, ribbon, small boxes)
- Picture books about the heroes (suggestions below, or find read-aloud versions online)
- Optional: First-aid supplies for pretend play (band-aids, cotton balls)

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## Lesson Plan: A One-Week Journey

This plan is designed with the Charlotte Mason philosophy in mind. Lessons are short and engaging, focusing on ideas and character through beautiful stories. The primary form of "work" for H will be narration—telling back the story in his own words. This helps him process the ideas and make them his own.

### Day 1: The Kind Hero - The Good Samaritan

**Theme:** A hero shows compassion, even to strangers.

1. **Opening Chat (2 minutes):** Ask H, "What do you think makes someone a hero?" Listen to his ideas and write them down on a piece of paper. You can say something like, "Let's explore that idea this week by reading some amazing stories."
2. **Living Story (5-7 minutes):** Read the story of the Good Samaritan. Use a simple, narrative version from a children's storybook Bible or tell it in your own words with warmth and expression. Focus on the feelings of the characters: the hurt man, the people who passed by, and the kind Samaritan.
3. **Narration (5 minutes):** After the story, close the book and say, "Now, can you tell me that story back in your very own words? Start from the beginning." Don't correct him; just listen. This is his most important work. You can gently prompt if he gets stuck, asking "And what happened next?"
4. **Creative Expression (10 minutes):** Open the "Book of Heroes." On the first page, H can draw his favorite part of the story. Maybe it's the Samaritan putting bandages on the man, or helping him onto the donkey. Title the page "The Kind Hero."

### Day 2: The Brave Hero - Harriet Tubman

**Theme:** A hero is courageous and helps others find freedom.

1. **Living Story (7-10 minutes):** Read a picture book about Harriet Tubman, such as *Moses: When Harriet Tubman Led Her People to Freedom* by Carole Boston Weatherford. Focus on the bravery it took to travel in darkness and to keep returning to help more people.
2. **Narration (5 minutes):** Ask H to narrate the story of Harriet's life. "Tell me all about Harriet. What did she do that was so brave?"
3. **Picture Study (3 minutes):** Find a famous photograph or painting of Harriet Tubman online. Look at it together silently for a minute. Then, hide the picture and ask, "What do you

remember seeing?" Discuss her expression, her clothing, and the feeling of the picture.

4. **Creative Expression (10 minutes):** In the "Book of Heroes," H can draw a picture of the North Star in a dark sky. Below it, he can draw Harriet leading people through the woods. Talk about how the star was a guide, just like Harriet was a guide.

### Day 3: The Caring Hero - Florence Nightingale

**Theme:** A hero serves others with care and makes things better for everyone.

1. **Living Story (7-10 minutes):** Read a picture book about Florence Nightingale, such as *Florence Nightingale* by Demi or another engaging biography. Emphasize how she wasn't a soldier with a weapon, but a hero with a lamp, soap, and a caring heart.
2. **Narration (5 minutes):** "What a story! Now, tell me about Florence and the hospital. What was it like before she came, and what did she do to change it?"
3. **Hands-on Activity (10-15 minutes):** Create a "Caring Hero Kit." Find a small box or bag. Together, gather items like band-aids, cotton balls, a small cloth for cleaning, and maybe a toy flashlight to be Florence's "lamp." H can use this kit to play doctor for his stuffed animals, practicing being a caring hero. He can also add a drawing of Florence's lamp to his "Book of Heroes."

### Day 4: The Community Hero - Our Neighbors

**Theme:** Heroes are all around us, helping our community every day.

1. **Living Story (5 minutes):** Read a simple book about a community helper, like a firefighter, police officer, or mail carrier. Choose one that H is most interested in. A great choice is *Fireboat: The Heroic Adventures of the John J. Harvey* by Maira Kalman.
2. **Community Walk (15 minutes):** Go for a walk around your neighborhood with a specific mission: to spot signs of community heroes. Look for a fire hydrant (for firefighters), a mailbox (for mail carriers), or maybe you'll even see a police car or ambulance. Talk about how these people help keep everyone safe and connected.
3. **Creative Expression (10 minutes):** Create a thank-you card for a community helper. H can draw a picture and write "Thank You" inside. You can decide together if you want to mail it to the local fire station or police department, or give it to your mail carrier. This action makes citizenship feel real and impactful. Add a drawing of a community helper to the "Book of Heroes."

### Day 5: The Everyday Hero - You!

**Theme:** We can all be heroes through our small, daily acts of kindness and responsibility.

1. **Review and Discuss (5 minutes):** Look through the "Book of Heroes" together. Ask, "What do all these heroes have in common? What makes them a hero?" Guide the conversation towards ideas like bravery, kindness, helping others, and doing the right thing even when it's hard.
2. **Brainstorm (5 minutes):** Ask H, "How can you be an 'everyday hero' right here in our home or neighborhood?" List his ideas. They might be simple things like:
  - Sharing a toy without being asked.
  - Helping set the table for dinner.
  - Making a drawing to cheer someone up.
  - Picking up a piece of trash at the park.
3. **Culminating Project (15 minutes):** Make "Everyday Hero Medals." Use circles cut from cardboard. Let H decorate them with markers, glitter, or paint. Attach a ribbon so they can be worn. He can make one for himself and for other family members. The rule is you can only award a medal when you see someone doing an "everyday hero" act. This turns the lesson into a fun, ongoing family game that reinforces positive citizenship.

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