



Iowa National Guard Youth and Teen Program  
Family Programs Office  
JFHQ A-1 RM 186  
7105 NW 70<sup>th</sup> Avenue  
Johnston, IA 50131

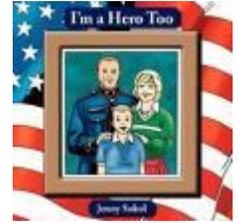


**Book:** I'm a Hero Too

**Author:** Jenny Sokol

**Ages:** 3-9

**Lesson:**



1. Begin by showing the students the cover of the book. Then read the title of the book to the children. Have the students infer what the book might be about based on the cover and title.
2. What does it mean to be a hero?
3. Who are people you consider heroes in your life? Why?
4. Begin reading the story, pausing throughout to ask the following questions:
  - a. Why do you think his dad would have to leave home to make the world a safer place?
  - b. How did you feel when you had to say 'goodbye' to someone you love? Why did you feel that way?
  - c. Why do you think he is worried about his dad?
  - d. Why do you think he feels proud of his dad? Why do you think he also feels sad?
  - e. It sounds like he and his dad do a lot of stuff together. What are some special things you do with those you love?
  - f. What are things we do to remember those we love when they are not close to us?
  - g. Why do you think he was mad his dad wasn't in the audience during the school recital?
  - h. Why do you think the principal thanked him after the recital?
  - i. When we are lonely, or missing someone, what are things we can do to make the time feel like it is going faster?
  - j. When someone we love is gone, it is normal to feel all kinds of things. It is important to talk about how we feel with someone we can trust.
  - k. How many of you write journals or draw pictures when you are lonely? What are other things we can do when we miss someone?
  - l. What makes him a hero?
5. After reading the story, ask the students to draw conclusions as to what the message was. How would they feel if their loved one had to be gone for a very long time?

**Activities:**

1. Have the class gather together items to assemble a care package for a military family in their community or to send overseas to a deployed unit.
2. Take time to talk about heroes in the community. Write thank you cards to those individuals.

Jeremy Van Wyk  
State Youth Coordinator  
Iowa National Guard  
Work: 515.252.4040 or 800.294.6607 ext. 4040  
jeremy.vanwyk@us.army.mil