



A Hero's Journey

Heroes can be found in all shapes and sizes. Some wake up that day and are determined to change something that just does not seem right. Some who become heroes are just trying to make it through the day. Some heroes have to go through difficult and rigorous training to complete their job. All heroes are brave and courageous and accomplish what would seem to be the impossible.

- ❖ Read for 105 minutes this week (15 minutes each day). 1 pt.
- ❖ Whether you are a knight of the round table or knight of your bedroom, to wear the armor you must enter into some serious training. Make sure that you are in great physical shape by exercising every day. Try starting your day with 10 sit-ups, 10 jumping jacks and throw in some pushups to keep your sword arm strong. Add 5 minutes of cardio by either running or speed walking that amount of time and you should be ready to battle dragons and giants alike! PSSSSST!! Knights are not just boys! There are stories of girls becoming knights also. My personal favorite is the series by Tamora Pierce called Protector of the Small most suitable for older readers and listeners. 1 pt.
- ❖ Once you are physically fit, you can begin to create, care for and wear your armor. Find or create a helmet, a breastplate and a shield from cardboard. Swords come in all shapes and sizes...some models look a lot like "pool noodles" or light sabers. Remember to continue your exercises to stay strong. "Cosplay" is when children, teens and adults dress as their favorite characters and pretend for a while. What brave deed are you going to conquer today? **Write it in the space below.** 1 pt.
- ❖ Knights are also known for acts of kindness. Choose three good deeds and **write them in the space below.** Check them off when you have completed them. 1 pt.

- ❖ Some heroes in Greek stories are forced to figure out a maze or to walk through a labyrinth. A maze is a difficult branching puzzle that might have several exits/entrances. A labyrinth is a clearly marked path that might twist back and forth on itself but the walker should not have any difficult choices to make as they navigate the pathway. Try constructing a labyrinth using either boxes or furniture. Another possibility is to use painter's tape or stones to mark the path. Here is an easy pattern to follow: <https://bit.ly/2lajst> - OR - <https://bit.ly/2NXUVXL> Some people use a labyrinth to help calm them or clear their minds by walking through the simple path. 1 pt.
- ❖ Use blankets or boxes or recyclables to make a fort or a lair (the place where giants or dragons hide). If you choose to make a fort and want to make it comfortable, use a throw pillow or an extra blanket for that! 1 pt.
- ❖ Did you know that the super powers of the superheroes can be explained? The library has a book called Unmasking the Science of Superpowers by Jordan D. Brown. Try some of these: **1)** Ever wonder how Spider-Man can stick to a wall or building? That is called adhesion. With practice you can stick a spoon to your nose (bowl of the spoon on your nose and the handle resting on your chin, release your hand gently and TADA!) or try pressing a coin onto your forehead. **2)** Follow the force by moving things without touching them! This can be accomplished with the use of magnets when guiding a metal object. Try using the magnet underneath a piece of cardboard and sliding it along the bottom surface and watch what happens to the metal object on top of the cardboard. 1 pt.
- ❖ Create dice fit for a giant by using a cube shaped box (all sides are equal in length and height). Color six pieces of paper with the arrangement of dots that you will find on dice. Each side will represent numbers 1-6. Play your favorite board game using your giant dice! 1 pt.

