

HERO TRAINING!



Kid's Character Challenge

A 12 week program to build kid's character

HANDS ON - CHRIST CENTERED - SUPER FUN

By Liz Millay

Hear, O Israel! The Lord is our God, the Lord is one! You shall love the Lord your God with all your heart and with all your soul and with all your might. These words, which I am commanding you today, shall be on your heart.

You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up.

You shall bind them as a sign on your hand and they shall be as frontals on your forehead. You shall write them on the doorposts of your house and on your gates.

-Deuteronomy 6:4-9



INTRODUCTION!

I am so glad that you have chosen Hero Training to help guide your child in their character development! I've spent many hours building this program because I know that it is something that will be super useful to you as you guide your children. Before we get started, I want to tell you a little bit about why I created Hero Training.

When my oldest son was around three years old, I knew that I wanted to do something proactive to help him build good character qualities. So, like any parent would do - I took to Pinterest. And I searched. And I searched Google. And I browsed blog after blog. Everything I found was just not working for me. It was too complicated or it was too advanced or boring for my young preschool aged child.

However, the biggest problem I came across was that the majority of character training programs out there focused mainly on behavior modification. Charts were made, progress and good behavior was tracked, and rewards were given. This was decidedly not what I was looking for! I wanted something that would teach my child character traits in a heart focused way, give him ample opportunity to practice what he was learning, and have a lot of fun in the process. I didn't want patience, kindness, or generosity to be things he learned to do just to earn a gold star on a chart.

Thankfully, inspiration struck in the form of my son's newfound obsession with super heroes and soon the original Hero Training series was born. That series quickly became one of the most popular on my blog, Steadfast Family. After countless requests for a printable version of the program, I finally got to work at the beginning of 2017. This eBook is an updated and expanded version of that original series (which can still be found on my blog for free).

Hero Training is different than the other programs out there. Using the familiar and exciting concept of super heroes, it approaches character building in a hands on, Christ centered, and super fun way. Each character trait is introduced, explained, and shown in the life of Jesus. Then, instead of being expected to immediately start living out this new concept, each character trait has a series of fun challenges to complete in order to help continue to grow in understanding and ability.

I hope that you and your child love the Hero Training program as much as we have. I pray the Lord uses these lessons and activities to grow your child's relationship with both you and Himself and to bring about growth in your child's heart. Don't forget that, in the end, the real purpose of these lessons is always to point your child to Christ. None of us can live out these character qualities fully and without fail - but Christ can. Continue to point your child to the cross and to the love of Jesus as they move through these challenges.

If you ever have any questions, feel free to shoot me an e-mail any time.

ABOUT THE AUTHOR!



Liz Millay ministers to families through her blog, Steadfast Family. She graduated from Cornerstone University in 2009 with a degree in Youth Ministry and Bible. These days, she loves using her education and experience to help parents impress God's Word upon their children.

Wife to Dave since 2009 and mom to two precocious little boys + one on the way, Liz spends her days trying to find time to get the dishes done in-between play-doh sessions and puddle jumping. In her moments of spare time she enjoys reading, relaxing with her hubby, and spending way too much time on Instagram.

I LOVE SEEING HOW YOUR FAMILY USES THIS PROGRAM! PLEASE CONNECT WITH ME ON SOCIAL MEDIA OR USE THE HASHTAG #HEROTRAININGCC



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Look over the lessons to familiarize yourself with the set-up. Each character trait is meant to be practiced over the course of a week, although you can definitely move at your own pace. Each week's layout has the hero trait and it's definition with a super hero to go along. This is followed by a memory verse, examples of Jesus displaying the trait, questions to lead discussion, and some additional notes on the topic. On the next page you will find the challenges for the week: the first of which is always memorizing the verse and the last of which is always a craft. The lessons are designed to be flexible and adaptable to your family, so use the elements as you'd like. For example, when I did the program with my son, we would go through it like this:

- 1) Name the character trait and review the meaning.
- 2) Practice the memory verse.
- 3) Read a Bible story - either from a children's Bible or paraphrased from a regular Bible.
- 4) Talk about the trait and the story we just read.
- 5) Sing the song "Jesus is my super hero."
- 6) Do a challenge.

Numbers 1-5 probably took a total of about 15 minutes. A quick note about the song mentioned in number 5: look it up! You can find it on youtube and it goes perfectly with these lessons.

After you've familiarized yourself with the lessons, take a peek at the appendix. There you will find tons of great printables to use throughout the program. There are printables that go along with the crafts, memory verse cards, a chart to keep track of the challenges completed, and coloring pages to go along with each character trait. There are also printable badges to give out when the challenges are completed. Print these out on sticker paper to make them extra fun!

In addition to the printables in the appendix, along with this eBook you will have received files for the Hero Training Posters. There are two types of posters. The first are posters that correspond with each character trait. These are based on images from the original series that were highly requested in a printable format. The second poster is a blank super hero that can be printed and used as a display for the badges your child earns. Your child can color it in however they want, they can even glue a picture of their own face onto the head! (If you want an additional method of giving out badges, check out what we did [here](#))

You can print these posters at home or from an office supply store. If you want to print them at home over multiple pieces of paper (instead of just on one 8.5x11 sheet), you will need to print from Adobe Acrobat Reader, which has an option for printing as a "poster." You can download that for free [here](#).



LET'S GET STARTED!



HELPFUL WEEK 1

HERO TRAIT: Helpful

DEFINITION: Serving others with a joyful heart

SUPER HERO: Robin

MEMORY VERSE: In everything I did, I showed you that by this kind of work we must help the weak, remembering the words the Lord Jesus himself said: "It is more blessed to give than to receive." (Acts 20:35 NIV)

EXAMPLES OF JESUS DISPLAYING THIS TRAIT:

Jesus washing the disciples feet. (John 13:1-17)

Jesus helping the disciples by calming the storm. (Mark 4:35-41)

Jesus healing the blind man. (John 9:1-12)

Christ as a servant. (Philippians 2:1-18)

DISCUSSION QUESTIONS:

When was a time that you were helpful?

What is something that someone has done to help you?

Can you think of a time that Jesus was helpful?

How can you be more helpful?

Why is it important to be helpful?



NOTES:

For the purpose of this character trait, being helpful is essentially synonymous with serving. So, any story where Jesus is serving someone would be perfect to talk about (there are lots to choose from!).

This week's verse is long! Making up motions to go along with the verse can help your child remember better. Also, if your child isn't quite ready for a verse of this length, feel free to shorten it a bit.

Superheroes are great helpers! They are always swooping in to save the day and help those in need. Practice being superheroes together as you do helpful things throughout the day.

CHALLENGE 1

Memorize this week's verse!

CHALLENGE 2

Help with a chore in the house that you don't normally do.

CHALLENGE 3

Help cook a meal or bake a treat.

CHALLENGE 4

Do something helpful in your neighborhood.*

*Some simple ideas are: help a neighbor with a task, plant a flower for everyone to enjoy, clean up trash, or bring a treat to a neighbor.

CHALLENGE 5 HELPING HANDS CRAFT

Supplies Needed:

- Two pieces of construction paper
- Markers or crayons
- Glue stick
- Scissors

Directions:

Cut a heart shape out of one of the pieces of construction paper. Glue the heart to the other piece of paper. Trace your child's hands onto the sides of the heart (alternately, trace and cut out of another piece of paper or make handprints with paint). Write "my hands are for helping" on the top. Let your child decorate their picture more if they would like.

