The Hero in Me

**Writer Instructions:** Think of a situation in your life where you had the opportunity to stand up for someone else or help a person or animal in some way. Use the worksheet to describe the situation and your real reaction to it. This story should be anonymous, so don’t write your name anywhere on the page.

Using first person point of view, describe a real-life scenario where you had the chance to be a hero:

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

How old were you when this happened?_________________________________________

Were you alone or were there others around?____________________________________

If you chose to help the person/animal, what made you take action?
____________________________________________________________________________
____________________________________________________________________________

If you did not help the person/animal, why did you choose this reaction?
____________________________________________________________________________
____________________________________________________________________________

How did you feel after the situation was over?
____________________________________________________________________________
____________________________________________________________________________

**Reader Instructions:** Read the entire scenario then brainstorm other ways the writer could have reacted. Write one of these alternative reactions on a sticky note and place in the corresponding column below this page.

<table>
<thead>
<tr>
<th>Positive Reactions</th>
<th>Negative Reactions</th>
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