



FOUR MISSIONS ONE HERO SHIELD

SOLVE PUZZLES • CRACK CODES • MAKE HEROIC CHOICES

Puzzle 1

HERO POWER

To be a hero, you need **HERO POWER**. Sort the choices that **POWER UP** or **WEAKEN** your body and brain. Then uncover the secret message to earn the first piece of the Hero Shield!

PART 1: SORT THE CHOICES

- Read each choice card.
- Decide if it **powers up** or **weakens** a hero.
- If it **powers up** a hero, decide which **HERO POWER** it strengthens.
- Then write the letter from the cards under the hero powers below.

HERO POWERS

ENERGY
CLEAR THINKING
STRONG BODY
HEALTHY FEELINGS

PART 2: FILL IN THE HERO POWER CHART

Write the letters from the power-up cards, in order.

ENERGY
CLEAR THINKING
STRONG BODY
HEALTHY FEELINGS

Puzzle 3

CHOOSE YOUR SUPERPOWER!

Heroes make **WISDOMFUL** choices! Use the **SHIELD CHART** to choose the best response. Follow the correct path and collect the letters to reach Hero Headquarters!

SHIELD CHART

- Stop and think.
- Hear your instincts.
- Identify your choices.
- Express your choices.
- Leave if needed.
- Discuss with an adult.

PART 1: CHOOSE YOUR PATH

- Choose the correct answer.
- Follow the correct path.
- Collect letters along the way.
- Reach Hero Headquarters!

Puzzle 2

CRACK THE VILLAIN'S TRICKS

Dr. Tricky is using **NEGATIVE INFLUENCE** to influence kids! Decide if each statement is **POSITIVE** (a trick) or a **POSITIVE INFLUENCE** (helpful choice).

PART 1: SORT THE STATEMENT

- Read each statement.
- Decide if it is **peer pressure** (a trick) or a **positive influence** (helpful choice).
- Sort the cards.

POSITIVE INFLUENCE

PEER PRESSURE

MY WORKS CAN TRICK YOU!

"Come on! Everyone else is doing it."

"Let's get out of here before we get into trouble."

Puzzle 4

HEROES HELP HEROES

Being a **HERO** isn't just about what you do for yourself. It is also about **HELPING** a **NEEDER**. Choose the best hero response that helps others. Collect the comic panel beside each correct answer, then put the panels in order to reveal the secret message!

PART 1: CHOOSE THE HERO RESPONSE

- A friend wants to try something unsafe because others are doing it.

Tell them it's their choice.

Say, "Good choice! I would say no too."

Change the subject.

Tell them everyone makes their own choice.
- Your friend says no when someone offers them something unhealthy.

Say, "Let's do something safe and fun instead."

Play and watch what happens.
- Some kids are daring you to break a rule.

Tell your friend not to get caught.

Walk away by yourself.

Say, "You don't have to do it. Come with me."
- A friend is upset and wants to handle the problem in an unhealthy way.

Tell them to forget about it.

Say, "Let's talk to someone who can help."

Let them handle it alone.
- A classmate is being pressured to do something that makes them uncomfortable.

Wait to see what they decide.

Tell them to ignore everyone.

Say, "You don't have to do that. Let's go."
- A classmate makes a healthy choice that is different from the group.

Say, "That's a good choice. I'd do that too."

Ask why they always have to be different.

Say nothing so you aren't ignored.

OTHERS! YOURSELF AND A BIG DIFFERENCE FOR YOUR CHOICES CAN MAKE

HEALTHY CHOICES

PEER PRESSURE

REFUSAL SKILLS

POSITIVE INFLUENCE

Puzzle 1

HERO POWER

Make healthy choices to power up your body, brain, and feelings!

1 SORT THE CHOICE CARDS

Read each choice card. Decide if it powers up ✓ or drains ✗ a hero.

3. I take a walk or play outside.

W



8. I skip lunch.

T



12. I stop and think before making a choice.

Q



11. I spend time on my phone instead of being active.

Y



10. I try to solve my problems in a healthy way.

R



9. I get enough sleep so I can focus and have a good mood.

O



1. I eat breakfast to give my body energy.

Z



6. I talk to someone I trust when I'm feeling upset.

A



2 FILL IN THE COLUMNS

For each power up choice, decide which hero power it strengthens. Write the letter from the card in the correct column.

HERO POWERS



ENERGY



CLEAR THINKING



STRONG BODY



HEALTHY FEELINGS



3 CRACK THE SECRET MESSAGE

Use the letters from the yellow boxes, in order, to discover the secret message.

PART 2: FILL IN THE HERO POWER CHART

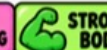
Write the letters from the power-up cards, in order.



ENERGY



CLEAR THINKING



STRONG BODY



HEALTHY FEELINGS

Z

P

O

Q

W

E

A

R

PART 3: FIND THE SECRET MESSAGE

Write the letters from the yellow boxes (in order) to discover the message.

Healthy choices

P O W E R

Your Body, Brain, & Feelings!



UNLOCK POWER AND EARN THE FIRST PIECE!

REAL LIFE EXAMPLES KIDS CAN RELATE TO!

Puzzle 2

Sort It! Decode It! Solve It!



CRACK THE VILLAIN'S TRICKS

1

SORT

Read the statements. Is it peer pressure or positive influence?

"I did it before and nothing bad happened."



"Let's find something safe to do instead."



"You can stop if you don't like it, so just try it."



"I know everyone else is doing it, but we don't have to."



2

DECODE

Use the secret decoder to find the letters from the peer pressure statements.



3

SOLVE

Unscramble the letters to reveal the secret message and earn your shield piece!

PART 3: FIND THE SECRET MESSAGE

S T R O N G to peer pressure!

UNLOCK STRONG
AND EARN THE
NEXT PIECE!



A graphic with a yellow background and black jagged borders. The text "REAL LIFE-SKILLS" is in red with a white outline, "HERO-SIZED" is in blue with a black outline, and "CONFIDENCE!" is in red with a black outline. All text is in a bold, comic book style font.

for body, brain
and feelings



recognize and
compare influences



use strategies to
make a safe choice



support and
make a difference

- S** - Stop and think
- H** - Hear your instincts
- I** - Identify your choices
- E** - Express your answer
- L** - Leave if needed
- D** - Discuss with an adult



- ✓ Read the situation
- ✓ Choose the correct response
- ✓ Follow the path
- ✓ Collect the letters
- ✓ Discover the secret message

S.H.I.E.L.D. A SIMPLE STRATEGY STUDENTS CAN USE IN REAL LIFE!

C O U R A G E

to make safe, healthy choices!

Puzzle 4

HEROES HELP HEROES

Make a positive difference by choosing helpful actions!

1

READ EACH SCENARIO

Look at each comic scenario. Decide which character shows a positive, helpful choice.

2

CHOOSE THE BEST RESPONSE

Choose the best hero response that helps others.

3

FIND THE LETTERS

Collect the comic panel beside each correct answer, then put the panels in order.

4

DECODE THE FINAL MESSAGE

Decode the comic panels in order to complete the message.

PART 1: CHOOSE THE HERO RESPONSE

1 A friend wants to try something unsafe because others are doing it.

YOURSELF AND Tell them it's their choice.

YOUR CHOICES Say, "Let's do something safe and fun instead."

A BIG Stay and watch what happens.

2 Your friend says no when someone offers them something unhealthy.

CAN MAKE Say, "Good choice! I would say no too."

OTHERS! Change the subject.

DIFFERENCE FOR Tell them everyone makes their own choices.

3 Some kids are daring your friend to break a rule.

DIFFERENCE FOR Tell your friend not to get caught.

YOURSELF AND Walk away by yourself.

A BIG Say, "You don't have to do it. Come with me."

4 Your friend is upset and wants to handle the problem in an unhealthy way.

OTHERS! Tell them to forget about it.

DIFFERENCE FOR Say, "Let's talk to someone who can help."

YOUR CHOICES Let them handle it alone.

5 A classmate is being pressured to do something that makes them uncomfortable.

A BIG Wait to see what they decide.

CAN MAKE Tell them to ignore everyone.

YOURSELF AND Say, "You don't have to do that. Let's go."

6 A classmate makes a healthy choice that is different from the group.

OTHERS! Say, "That's a good choice. I'll do that too."

YOUR CHOICES Ask why they always have to be different.

DIFFERENCE FOR Say nothing so you aren't involved.

BE A
POSITIVE
INFLUENCE!

EVERY **KIND** CHOICE
COUNTS!

H E R O E S

make a positive difference!

OPTIONAL EXTENSION ACTIVITIES

SHIELD
S - Stop and think
H - Hear your instincts
I - Identify your choices
E - Express your answer
L - Leave if needed
D - Discuss with an adult

CREATE A HERO COMIC STRIP

Show how a hero makes healthy choices, stands strong, and makes a positive difference!

1. THE CHALLENGE

Show your character facing a tricky situation or peer pressure.

2. THE HERO CHOICE

Show your character using a healthy response or strategy like SHIELD. Include what they say or do.

What does your character say or do?

3. THE POSITIVE OUTCOME

Show how your character's choice leads to a safe, healthy, or positive result for themselves or others.

How does it end?

CHOICE BANK Use the ideas below or think of your own!

POWER	STAND STRONG	COURAGE
- Drink water - Take a healthy break - Get enough sleep - Be physically active - Take a break from screen time	- Say "no" to an unsafe choice - Choose friends who make positive choices - Walk away from peer pressure - Think before you act	- Use my SHIELD to make a safe and healthy choice - Stop and think before making a choice - Use your instincts - Identify your choices - Express your answer - Leave if needed - Talk to a trusted adult if you need help

MY SUPERHERO TITLE: _____

WHAT IS ONE WAY YOU CAN BE A HERO IN REAL LIFE? _____

Students create a three-panel comic strip:
The Challenge: Draw a tricky situation or peer pressure.
The Hero Choice: Show a healthy choice or S.H.I.E.L.D. strategy.
The Positive Outcome: Show how the choice leads to a positive result.

HERO MISSION TRACKER

DIRECTIONS: Choose one hero mission each day for each category. Use the examples below to write or draw the mission you complete. Try to choose different missions during the week!

DAY	POWER	STAND STRONG	COURAGE	MAKE A DIFFERENCE
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				

HERO CHOICE BANK Use the list of choices to help you choose! You can also think of your own ideas!

POWER	STAND STRONG	COURAGE
- Drink water - Eat a healthy snack - Get enough sleep - Be physically active - Take a break from screen time - Do something that makes you happy	- Say "no" to an unsafe choice - Choose friends who make positive choices - Walk away from peer pressure - Be aware of what others say and do - Make a choice that is right for you - Think about how media might influence you	- Stop and think before making a choice - Use your instincts - Identify your choices - Express your answer - Leave if needed - Talk to a trusted adult if you need help

Students complete daily missions Monday-Friday
POWER: Make healthy choices.
STAND STRONG: Resist negative influences.
COURAGE: Use safe decision-making strategies.
MAKE A DIFFERENCE: Positively influence others.

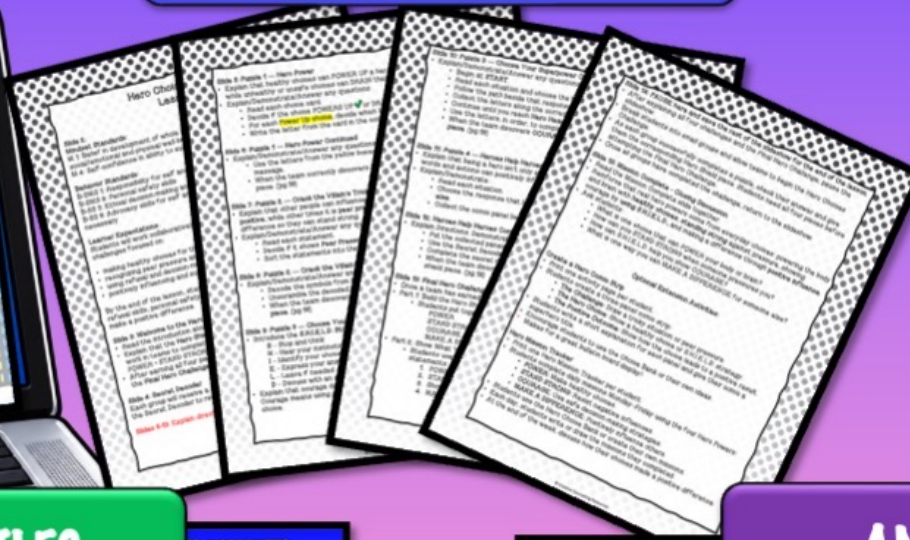
TEACHER DIRECTIONS • PRESENTATION SLIDES • ANSWER KEYS INCLUDED!

LOW PREP

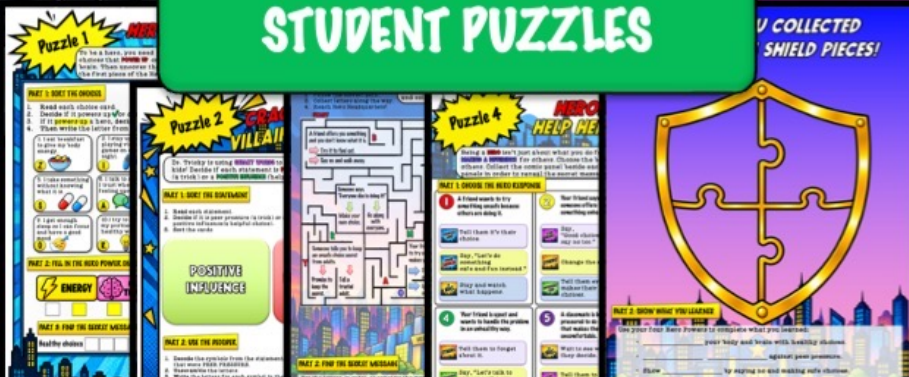
SLIDESHOW

DETAILED LESSON PLAN

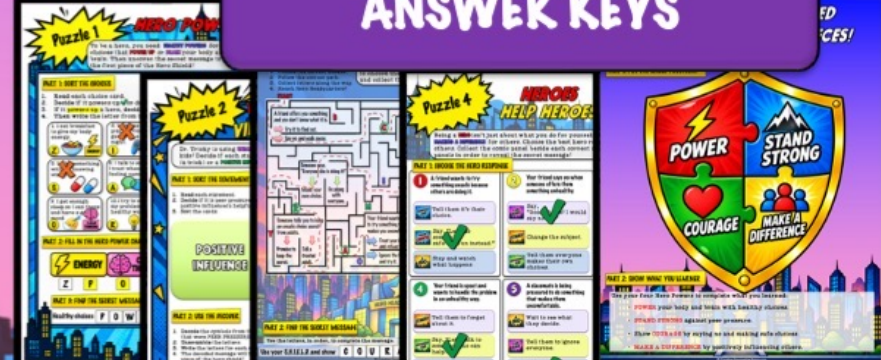
LESSON PREP GUIDE



STUDENT PUZZLES



ANSWER KEYS



EASY PREP STEPS:



PRINT



CUT & ASSEMBLE



ORGANIZE
GROUP MATERIALS



TEACH



CAN YOUR TEAM REBUILD THE SHIELD?

FOUR CHALLENGES • FOUR HERO POWERS • ONE MISSION ACCOMPLISHED!

Puzzle 1

HERO POWER

To be a hero, you need **HERO POWERS**. Sort the choices that **POWER UP** or **WEAKEN** your body and begin. Then uncover the secret message to earn the first piece of the Hero Shield!

PART 1: SORT THE CHOICES

- Read each choice card.
- Decide if it **powers up** or **drains** a hero.
- If it **powers up** a hero, decide which **hero power** it strengthens.
- Then write the letter from the cards under the hero powers below.

POWER UP	WEAKEN
1. I eat breakfast to give me body energy.	1. I play up late playing video games or a school night.
2. I take something without knowing what it is.	3. I choose fruits and vegetables to give me energy.
3. I get enough sleep so I eat food and have a good day.	4. I skip lunch.
	5. I spend time on my phone instead of being active.
	6. I stay and think before making choices.

HERO POWERS

- 1. **POWER**
- 2. **STAND STRONG**
- 3. **COURAGE**
- 4. **MAKE A DIFFERENCE**

Puzzle 2

CRACK THE VILLAIN'S TRICKS

Dr. Tricky is using **HEROYD TRICKS** to influence kids! Decide if each statement is **POWER** (a trick) or a **POWER RESPONSE** (helpful choice).

PART 1: SORT THE STATEMENT

- Read each statement.
- Decide if it is peer pressure (a trick) or a positive influence (a helpful choice).
- Sort the cards.

POWER

- "Come on! Everyone else is doing it."
- "Let's get out of here before we get into trouble."

POWER RESPONSE

- "My friend can't do it."



Puzzle 3

CHOOSE YOUR SUPERPOWER!

Heroes make **CHOICE** choices! Use the **SHIELD CHART** to choose the best response. Follow the correct path and collect the letters to reach Hero Headquarters!

SHIELD CHART

- 1 - Stop and think.
- 2 - Hear your instincts.
- 3 - Identify your choices.
- 4 - Express your choices.
- 5 - Leave if needed.
- 6 - Discuss with an adult.

PART 1: CHOOSE YOUR PATH

- Choose the correct answer.
- Follow the correct path.
- Collect letters along the way.
- Reach Hero Headquarters!

Puzzle 4

HEROES HELP HEROES

Being a **HERO** isn't just about what you do for yourself. It is also about **SAVING A DIFFERENCE** for others. Choose the best hero response that helps others. Collect the comic panel beside each correct answer, then put the panels in order to reveal the secret message!

PART 1: CHOOSE THE HERO RESPONSE

- A friend wants to try something new, but others are doing it.
- Your friend says no when someone offers them something helpful.
- Some kids are during your friend's break a while.

HERO RESPONSES

- 1. "Well, it's their choice."
- 2. "Let's do something safe and fun instead."
- 3. "Play and watch what happens."
- 4. "Your friend is upset and wants to handle the problem in an unsafe way."
- 5. "Tell them about it."
- 6. "Say, 'Good choice! I would say no to that.'"
- 7. "Change the subject."
- 8. "Tell them everyone makes their own choice."
- 9. "Comments to being rude to do something in an unsafe way."
- 10. "Say, 'That's your choice.'"
- 11. "Tell your friend not to get caught."
- 12. "Walk away by yourself."
- 13. "Say, 'I've got to go. Come with me.'"
- 14. "A classroom makes a healthy choice that is different from the group."
- 15. "Say, 'That's your choice.'"

SECRET MESSAGE

OTHERS! YOURSELF AND A BIG DIFFERENCE FOR YOUR TEAM! CAN MAKE

STUDENTS WORK
TOGETHER TO SOLVE,
LEARN AND MAKE A
DIFFERENCE!

PERFECT FOR
RED RIBBON
WEEK!