



**St. Jude
Heroes Jr.**

TEAM CAPTAIN CLASSROOM GUIDE

Thank you for supporting the lifesaving mission of St. Jude Children's Research Hospital®, and for helping young people learn the value of helping others.

The funds raised through St. Jude Heroes Jr. will directly benefit children battling cancer and other life-threatening diseases.

Treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20 percent to more than 80 percent since it opened more than 50 years ago. We won't stop until no child dies from cancer, but **we need your help.**



St. Jude patient **Daniel**
acute lymphoblastic
leukemia

Challenge Week Checklist

Get Ready!

- Register to join your school's event online at stjude.org/findmyschool
- Send parents the link to your online fundraising page and encourage them to join your efforts

Get Set!

- Remind parents of your upcoming Challenge Week with the parent letters available at stjude.org/kindchild
- Encourage students to pick a sidekick to help them fundraise
- Set fundraising goals, share via email and social media, and encourage fundraising competition between classrooms

Go, Go, Go!

- Teach daily lessons, distribute sticker cards and hand out daily stickers to your Heroes
- Post on social media throughout the week to update parents and supporters on your progress
- Remind parents to log any offline donations (cash or checks)
- Collect and submit any offline donations (checks)
- Celebrate your school's success in helping the kids of St. Jude!

Get Social!

Each day, snap a photo of your class and share online using [#stjudeheroesjr](https://twitter.com/stjudeheroesjr). Don't forget to share the link to your fundraising page with each post!



STRENGTH

Photo: Muscle pose

This week, our students are becoming heroes for St. Jude kids! Today, we learned what it means to be strong, just like St. Jude patients need to be strong for their treatments.



AGILITY

Photo: Two thumbs up pose

Two thumbs up for our second day of St. Jude Heroes Jr.! Today we learned about agility, and how St. Jude patients and their families need to be agile to adapt to new situations.



WILLPOWER

Photo: Superhero pose

We're one step closer to becoming Heroes for St. Jude kids! Today we learned that willpower is about never giving up.



KINDNESS

Photo: Group hug pose

Today we learned about kindness! Kindness is about showing respect and being generous, just like the kids, doctors and nurses at St. Jude.



BRAVERY

Photo: Students with their sticker cards

It's the last day of our Heroes Jr. Challenge for St. Jude! Today we learned what it means to be brave, even when you're scared or nervous.



Conquering Challenge Week

Heroes have five qualities in common: strength, agility, willpower, kindness and bravery. Cover one of these qualities every day during the challenge for a fit, fun and philanthropic lesson! The challenges provide brain breaks for the kids and take less than 10 minutes. That includes the discussion, activity and passing out the stickers!

Each day, teach one of the Hero attributes and encourage students to complete as many reps as they can in 60 seconds. At the end of each lesson, every Hero earns a sticker.



DAY 1: STRENGTH

Strength isn't just physical, it's mental too! The kids at St. Jude stay strong during their treatments. You can be mentally strong by being optimistic during hard times and standing up for others.

Activity Ideas: push-ups, power squats, crab walking



DAY 2: AGILITY

Agility is the ability to move the body quickly and efficiently. It can also mean being adaptive to new situations. St. Jude patients and their families show agility by changing their lifestyles to battle cancer.

Activity Ideas: jumping jacks, frog leaps, fast feet



DAY 3: WILLPOWER

Have you ever heard the saying, "You can do anything you set your mind to"? This is an example of willpower. The kids at St. Jude use their willpower to never stop fighting. You can show your willpower by working hard and never giving up.

Activity Ideas: running/walking, balance, hero planks



DAY 4: KINDNESS

Heroes must also be kind like the dedicated doctors and nurses at St. Jude. By helping others, showing respect and being generous, we can all be Heroes every day.

Activity Ideas: relay race, partner sit-ups, leap frog



DAY 5: BRAVERY

Being brave means doing the best you can even when you're scared or nervous. The kids at St. Jude bravely face their treatments so they can get healthy again.

Activity Ideas: Ask your Heroes to think about the activity that was the most difficult for them during the challenge and repeat them today, or repeat all four previous challenges in a row!

GET THEM TALKING!

Start a valuable discussion to bring home the mission. Let kids learn by teaching you and the rest of their classmates what it takes to be a Hero.

DISCUSSION QUESTIONS

DAY 1: STRENGTH QUESTIONS

- ▶ What does it mean to be strong?
- ▶ Who do you think is strong? Why?
- ▶ Is being strong easy or hard?

DAY 2: AGILITY QUESTIONS

- ▶ What is agility, and why do heroes need it?
- ▶ What is a change that you had to deal with? What did you do?
- ▶ Are changes easy or hard?

DAY 3: WILLPOWER QUESTIONS

- ▶ What is willpower, and why do you think it's important?
- ▶ What is the most important thing to you? Why?
- ▶ If you could put all your willpower towards fixing one thing, what would it be?

DAY 4: KINDNESS QUESTIONS

- ▶ What does it mean to be kind?
- ▶ Who is someone you think is kind? What do they do?
- ▶ What could you do to help someone else?

DAY 5: BRAVERY QUESTIONS

- ▶ Why is bravery important?
- ▶ Have you ever tried something you were nervous about? How did it go?
- ▶ How can you help others be brave?