

check it out

My Hero is You, Storybook for Children on COVID-19

(<https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/my-hero-you>)

**Recognize a Leader in your Life**

Think of a hero in your own life you can recognize and thank. Design a colorful card for them. Make a piece of artwork that represents their courage and bravery. With an adult's help, mail your work to them or video chat to show your creation giving a big THANK YOU for all that they do.

"What you do makes a DIFFERENCE, and you have to decide what kind of difference you want to make"  
- Jane Goodall

Research endangered animals and choose one that you would like to study and save from extinction. Create that animal with any materials you have around your house. Finish your creation with a background of the animal's habitat.

**Heroes and Heroines from American History**

Visit the Smithsonian website ([www.si.edu/](http://www.si.edu/)) and research American heroes. Discuss what stories and artwork inspire you most and why.



**ARTISTS**

- Clayton Bailey
- Greg Breeding
- Jasper Johns
- Dav Pilkey
- Norman Rockwell
- Andy Warhol (endangered animal series)

**Super Hero Sidekick!**

Become the sidekick to your favorite Super Hero! Design your own costume and create a drawing of the two of you saving the day.



**Super Robots!**

Invent a new robot that solves a problem in your world. Do you need a little help with your homework? Doing the dishes? Or could you think of a larger problem to solve like cleaning pollution from the ocean? Design a robot by adding as many different gears and gadgets it needs to get the job done!

**Kindness Rocks**

Is there a real-life hero in your life? People in our community are finding little ways to thank others for their hard work and dedication. To participate, find a smooth rock outside and paint it with a bright color (acrylic paint is best). After it is dry, draw a picture or write a thank you message on the rock. Leave the rock on your hero's doorstep for them to find.

**Design a Postal Stamp**

Create a customized postal stamp honoring a hero or heroine. Consider a person who exemplifies empathy, positive risk taking, and giving back to the community. Create a picture in colored pencil, marker, paint, or collage and upload it to the following website to transform it into a real postage stamp:  
<https://photostamps.com/apps/customizeit>

**American Flag**

Take cues from artist Jasper Johns iconic American flag paintings. Make your own flag artwork out of whatever materials you like.

**BOOKS**

- Our American Flag by Jessie Hartland
- Dog Man, A Tale of Two Kitties, by Dav Pilkey
- How to be a Hero by Florence Parry Hiede
- I am Jane Goodall by Brad Meltzer
- The Robot Book by Heather Brown
- The Stamp Collector by J. Lanthier; Art by F. Thisdale
- The Stamp Collector by Jennifer Lanthier; Art by Francois Thisdale



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Try some additional fun online activities on the PCSD resource web page!