

Hero Training Curriculum

Qualities	Super Hero	Bible Hero	Modern Hero	Verses	Activities
Smart/Wise	Iron Man	Solomon	Ben Franklin	Read: 1 Kings 3 - ... Memorize: Proverbs 1:7	Build a robot Build a Lego Temple
Kind	Captain America	Jesus	CS Lewis	Read: book of John Memorize: Ephesians 4:32	Captain America tie-dye? Kindness stones
Hard Working	Hulk	Noah	Ronald Regan	Read: Genesis 5-8 Memorize: Proverbs 14:23	Exercise/ Obstacle course build an Ark (legos, popsicle sticks ???)
Brave	Thor	Stephen	Alan Shepard	Read: Acts 6-7 Memorize: 1 Chronicles 19:13	Rock Climbing
Playful	Flash	Jacob	Milton Hershey	Read: Genesis 25-28 Memorize: Psalms 149:3	Minute to Win it games
Open Minded	Black Panther	Paul	William Penn	Read: Acts 13 Memorize: Luke 24:45	Kimoyo beads? Ink Blot Test
Friendly	Spiderman	David & Jonathan	Paul Brand	Read: 1 Samuel 18-20 Memorize: Proverbs 17:17	Sticky Spider-web target game (with painter's tape) Write a pen pal letter
Fearless	Batman	Caleb & Joshua	Harriet Tubman	Read Joshua 2-6 Memorize Ephesians 6:19	Fear Factor game DIY bat signal

Loyal	Robin	Daniel	Elisabeth Elliot	Read: book of Daniel Memorize: Matthew 25:21	Loyalty quote artwork
Patient	Dr. Strange	Abraham	Abe Lincoln	Read: Genesis 12-17 Memorize: Hebrews 6:15	Delayed Gratification Try not to laugh/ move game
Hopeful	Wonder Woman	Joshua	Wright Brothers	Read: Joshua 5 Memorize: Psalms 71:14	Make a "knapsack of hope" lasso activity
Leadership	Green Arrow	David	George Washington	Read: 2 Samuel 2-7 Memorize: Hebrews 13:7	Trust walks Archery
Strength and Love	Mr. Incredible	Samson	Ernest Shackleton	Read: Judges 13-16 Memorize: 1 Corinthians 13:2b	Strength Training/ Weight Lifting Write a love poem
Devotion	Falcon	Ruth and Boaz	Benjamin Rush	Read: book of Ruth Memorize: 1 Corinthians 13:4-7	Cooperative games Listen to famous Duets
Responsible	Hawk-eye	Moses	DL Moody	Read: Exodus 3-4+ Memorize: Proverbs 22:6	Archery Care for an egg baby
Inquisitive/ Inventive	Ant Man	Nicodemus	Lewis and Clark	Read: John 3 Memorize Luke 2:46	Invent Scavenger hunt
Nurturing/ Reasonable	Captain Marvel	John	Billy Graham	Read 1,2,3 John Memorize: Romans 12:1	grow a bean plant (or other)

Forgiven	Black Widow	Theif on the Cross	Louis Zamperini	Read Luke 23 Memorize: 1 John 2:12	learn how to fix something that broke - mend clothes, repairs on machines or toys...
Investigate/ Teach	Professor X	Peter	Thomas Edison	Read: 1 Peter & 2 Peter Memorize: Matthew 28:19-20	Fingerprints You be the teacher
Masculine	Aquaman	John the Baptist	Teddy Roosevelt	Read: Matthew 3 Memorize: Genesis 1:26	Manly-man competition with Dad Take Mom out on a "date"
Integrity	Superman	Joseph	Ben Carson	Read: Genesis 3-7 Memorize: Proverbs 10:9	Play "Who am I?"

Each week - verse memory & copy work, read bible story and biography, discuss character qualities in detail (with help from posters and quotes), watch super hero movie