



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Hero Training Copy Work

I can be kind like Captain America and Jesus.

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And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. Ephesians 4:32

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# Captain America



**Kind/ Good**

And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

Ephesians 4:32

# kind

[ kahynd ]

*adjective*, **kind·er**, **kind·est**.

1 of a good or benevolent nature or disposition, as a person:*a kind and loving person.*

2 having, showing, or proceeding from benevolence:*kind words.*

3 indulgent, considerate, or helpful; humane (often followed by *to*):*to be kind to animals.*

4 mild; gentle; clement:*kind weather.*

Never underestimate  
the power of a kind  
woman. Kindness is a  
choice that comes from  
incredible strength.

KINDNESS IS MORE  
THAN DEEDS.  
IT IS AN ATTITUDE,  
AN EXPRESSION, A  
LOOK, A TOUCH. IT  
IS ANYTHING THAT  
LIFTS ANOTHER  
PERSON.

# good

[ good ]

*adjective*, **bet·ter**, **best**.

morally excellent; virtuous; righteous; pious:*a good man.*

satisfactory in quality, quantity, or degree:*a good teacher; good health.*

of high quality; excellent.

"IF YOU DON'T  
KNOW WHAT  
YOU'RE HERE TO  
DO, THEN JUST  
DO SOME GOOD."  
- DR. MAYA  
ANGELOU

# Activities

Kindness Stones – paint and leave in parks



Captain America Tie-Dye



Read/ Listen to the book of John

Memorize Ephesians 4:32

Read a CS Lewis Biography (or a Narnia book)



## Hero Training – Week Two – Captain America

Thank you for downloading the Captain America packet. The intent of these printables is for home use. Please do not sell the worksheets. There are links on the website [twelveoaksschoolhouse.com](http://twelveoaksschoolhouse.com) for items and books we used to accompany our lessons. If you do choose to purchase these items, I would appreciate you using the links on the site. I take no credit for the images I use. They are either on-line clip art I modified or drawings from my son, Sky Bott. He asks that I mention his YouTube page here, MrSkyPanda. It's a family friendly page. I'm especially proud of his Candyworld episodes.

If you really enjoy the Hero and Princess Training, please consider donating on my website.

Kendra Bott

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