



## What influences how you behave?

The way you behave is influenced by your beliefs and values.

For example, in some situations your behaviour might depend on how important you think it is to impress people, compared to doing what you believe is right.

What plays the most important part in influencing how you behave? Here are some possibilities. Rank them in level of importance on a 5 point scale - 1 for extremely important, 5 for not at all important.

Trying to avoid arguments	
Standing up for what you believe is right	
Making sure your actions don't hurt others	
Trying to impress people	
Listening to what your parents and teachers say	
Keeping out of trouble	
Doing what your religion says you should do	
Keeping your temper	
Following the latest fashion	
Behaving with courtesy	
Telling the truth	
Looking out for your own interests	
Imitation the behaviour of your idols	
Respecting other people's opinions and beliefs	
Keeping your promises	
Doing what your friends want you to do.	

## Idols or heroes?

Everyone has famous people they look up to and admire but are they idols or heroes?

Many teenagers, when asked who they admire most, give the name of a film star, singer, TV celebrity or sports star. These people certainly have a talent and are often good-looking. Many of them have worked hard and shown determination to achieve what they have. They are rich and famous and have exciting lifestyles, but are they really heroes?



The way I see it, a hero is somebody who has shown exceptional qualities. They are people like Nelson Mandela, who was prepared to go to prison to fight for his rights. They are people who are prepared to risk or sacrifice their lives for other people. They are people who achieve things against the odds and who set an example to us all by the way they behave.

Think of someone you know personally and admire for some reason: perhaps because of what they have achieved, the way they behave towards others or the courage and determination they have shown in difficult circumstances. It can be a friend, family member or a neighbour.

Study the list below and pick out the qualities that make you admire them:

<b><i>Intelligence</i></b>	<b><i>tact</i></b>	<b><i>courage</i></b>	<b><i>determination</i></b>	<b><i>selflessness</i></b>
<b><i>tolerance</i></b>	<b><i>cheerfulness</i></b>	<b><i>patience</i></b>	<b><i>generosity</i></b>	
<b><i>loyalty</i></b>	<b><i>reliability</i></b>	<b><i>kindness</i></b>	<b><i>sympathy</i></b>	<b><i>creativity</i></b>

Create a fact file on 3 people that are your heroes

Their name

3 of their qualities

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What makes them a hero?

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How do they inspire you?

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Extension:

Currently the heroes of the world are emergency workers. Create a poster on how the NHS are our heroes and pay tribute to the amazing work they are doing.

## Real life heroes

This is  
M\_\_\_\_\_. He  
wanted e\_\_\_\_\_  
for b\_\_\_\_\_ people.

He thought it was u\_\_\_\_\_  
the way that they got  
t\_\_\_\_\_.

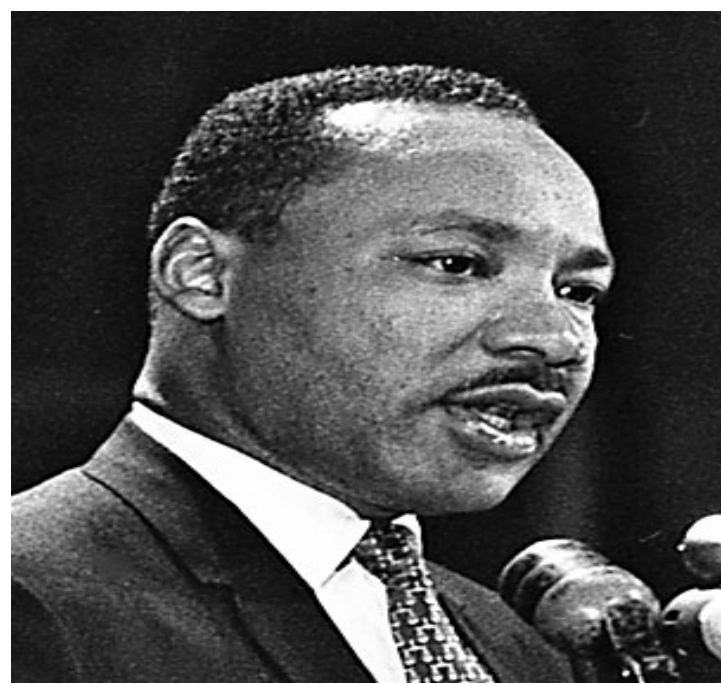
They had to sit at the back of the  
b\_\_\_\_ whilst white people would  
have to sit at the f\_\_\_\_\_ of the  
bus.

W\_\_\_\_\_ children were not  
allowed to p\_\_\_\_\_ with children  
who were black.

He made a famous s\_\_\_\_\_ that  
people listened to all over the  
w\_\_\_\_\_.

### Word Bank

**Martin Luther King,  
unfair, bus, white,  
speech, equal rights,  
treated, front, play,  
world, black.**





Word Bank

**Listened, TV, peace,  
harm, angry,  
murder, revenge,  
Tariq Jahan,  
England, killed,  
riots, fight.**

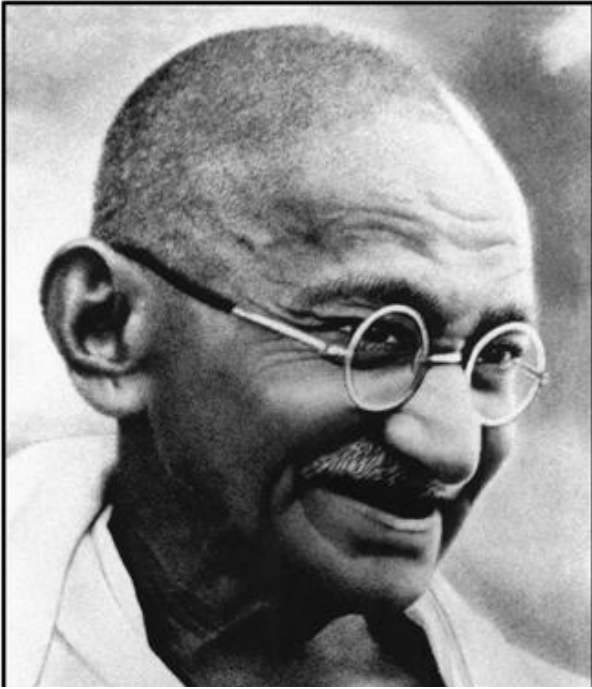
This is T\_\_\_\_\_. He is from  
E\_\_\_\_\_.

His son was run over and  
k\_\_\_\_\_ during the r\_\_\_\_\_  
in summer 2011.

Lots of people were a\_\_\_\_\_  
about the m\_\_\_\_\_ and  
wanted r\_\_\_\_\_.

Tariq Jahan wanted p\_\_\_\_\_  
and came on T\_\_ to tell people to  
calm down and not h\_\_\_\_\_  
each other.

Lots of people l\_\_\_\_\_ to him  
and so he saved the UK from  
getting into a big f\_\_\_\_\_.



Word Bank

**Hunger strike,  
country, religion,  
rights, killed, India,  
violence, Mahatma  
Gandhi, equal**

This is Mahatma Gandhi. He is from  
I\_\_\_\_\_.

He is known as a hero because he  
wanted e\_\_\_\_\_ r\_\_\_\_\_ for  
people in his c\_\_\_\_\_.

He believed that people should be  
able to practice any r\_\_\_\_\_  
they want and shouldn't have to be  
k\_\_\_\_\_ for it.

He also did not believe in v\_\_\_\_\_  
because he felt that it didn't solve  
anything.

He felt that the only way to get  
people to listen to him is through  
going on a h\_\_\_\_\_.