



# HEROES OF VIRTUE



HONESTY



FAITHFULNESS



FAITH



RESPECT



KINDNESS



COURAGE

**HEROESMART  
ACADEMY**

**A CHRISTIAN ACTIVITY BOOK**



# ✧ A HeroesMart Academy Resource! ✧

## Building Godly Character One Virtue at a Time

Dear Parent, Teacher, or Faithful Guide,

Thank you for opening this activity book – a tool designed to plant seeds of godly character into the hearts of young learners. In a world filled with changing values and shifting voices, it's more important than ever to teach our children what it means to live with honesty, kindness, humility, faithfulness, and so many other life-giving virtues. These aren't just good habits – they're godly ones.

At HeroesMart Academy, we believe that developing character grounded in God's Word equips children not only for personal success, but for Kingdom impact. Our lessons, stories, and creative materials are designed to help children reflect Christ in their homes, schools, churches, and communities.

We pray that this free activity book blesses your family in every season of learning and growth. May it spark meaningful conversations, joyful creativity, and deeper trust in the One who created each child for purpose and greatness.

We invite you to continue your journey with us through our growing collection of Bible-based educational resources and videos for children and families:

📖 Godly Learners Curriculum is our signature homeschool curricula. Find it on Amazon.

📺 YouTube Channel–Watch free educational video lessons. Subscribe at:

👉 [youtube.com/@heroesmartacademy](https://youtube.com/@heroesmartacademy)

🌐 Find more free resources: [www.heroesmartacademy.com](http://www.heroesmartacademy.com) & [heroesmart.com/school](http://heroesmart.com/school)

This activity book is a free gift – all we ask is that you share it with others! If it has been a blessing to your family, please tell a friend, a fellow teacher, or your church community. Let's raise up a generation of young heroes who walk boldly in truth and godliness.

With love and prayers,

Lan & Nita Olude

Founders of HeroesMart Academy





"The integrity of  
the upright  
guides them, but  
the unfaithful  
are destroyed by  
their duplicity."

Proverbs 11:3



Say This Out Loud:

I have  
Integrity



- 1 **Reflection:** What does this verse mean to you? How can integrity guide a person's actions?

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- 2 **Integrity Acrostic Poem:** Create an acrostic poem using the word "INTEGRITY," where each letter starts a line about integrity.

I: \_\_\_\_\_

N: \_\_\_\_\_

T: \_\_\_\_\_

E: \_\_\_\_\_

G: \_\_\_\_\_

R: \_\_\_\_\_

I: \_\_\_\_\_

T: \_\_\_\_\_

Y: \_\_\_\_\_



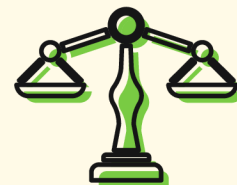
**"The Lord  
detests lying  
lips, but he  
delights in  
people who are  
trustworthy."**

Proverbs 12:22



**Say This Out Loud:**

I am  
Honest



- 1 **Synonyms:** List three words that have a similar meaning to honesty.

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- 2 **Scenarios:** Read each scenario and decide what the honest action would be.  
You accidentally break your friend's toy when they are not around. What should you do?

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You find a dollar bill on the floor in your classroom.

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- 3 **Personal Experience:** Describe a time when you told the truth, even though it was difficult. What happened? How did you feel afterward?

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**"Be kind and  
compassionate  
to one  
another..."**

Ephesians 4:32



**Say This Out Loud:**

I am

Kind



- ① **Definition:** In your own words, write what kindness means to you.

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- ② **Examples:** List three acts of kindness you have done or witnessed recently.

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- ③ **Choose** two acts of kindness from the list below to complete this week.

- Help a family member with a chore.
- Write a thank-you note to someone.
- Compliment three people today.
- Sit with someone who is alone during lunch.

Share your favorite book or toy with a friend.

After completing each act, write a brief reflection on how it made you feel and how the other person reacted.

- ④ **Create** an acrostic poem using the word "KINDNESS." Each line should start with a letter from the word and describe an aspect of kindness.



"So in everything,  
do to others  
what you would  
have them do to  
you, for this sums  
up the Law and  
the Prophets."

Matthew 7:12



Say This Out Loud:

I show  
Respect



1 **Role-Playing Scenarios:** With a partner or group, act out the following scenarios, demonstrating respectful behavior:

- Scenario 1: A classmate accidentally bumps into you in the hallway.
- Scenario 2: You see someone being left out during recess.
- Scenario 3: A friend shares a different opinion than yours during a discussion.
- Discussion: After each role-play, discuss how showing respect improved the situation and how disrespect could have made it worse.

2 **Scripture Reflection:** Reflect on the following Bible verse about respect. What does this verse mean to you? How can you apply this teaching to show respect to others?

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3 **Definition:** In Your Own Words: Write what respect means to you.

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4 **Respect Pledge:** Write a personal pledge about how you will show respect in your daily life.

"I pledge to show respect by \_\_\_\_\_. I will also  
\_\_\_\_\_ to ensure I treat others with kindness and consideration."

Signature: \_\_\_\_\_



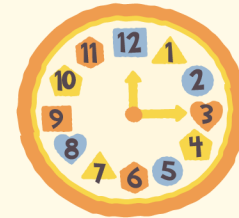
"Whoever is patient has great understanding, but one who is quick-tempered displays folly."

Proverbs 14:29



Say This Out Loud:

I am Patient



- 1 **Synonyms:** List three words that have a similar meaning to patience.

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- 2 **Patience Drawing Activity:** Draw a picture of a situation where you had to be patient. It could be waiting for your birthday, standing in line, or learning a new skill.

- 3 **Description:** Write a few sentences describing your drawing and how you felt while being patient.

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"A friend loves  
at all times, and  
a brother is  
born for a time  
of adversity."

Proverbs 17:17



Say This Out Loud:

I am  
Loyal



- 1 **Definition:** In your own words, write what loyalty means to you.

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- 2 **Scripture Reflection:** What does this verse mean to you? How can you show loyalty to your friends and family during challenging times?

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- 3 **Loyalty Role-Play Activity:** With a partner or small group, act out the following scenarios to demonstrate loyalty:

- Scenario 1: Your friend is being teased by others. How do you support them?
- Scenario 2: A new student joins your class and feels left out. How can you show loyalty to your school's values by including them?
- Scenario 3: Your sibling is struggling with a task at home. How do you assist them?
- Discussion: After each role-play, discuss how demonstrating loyalty made a positive impact in the situation.

- 4 **Journal:** Keep a journal for one week, noting instances where you showed loyalty or observed loyalty in others.



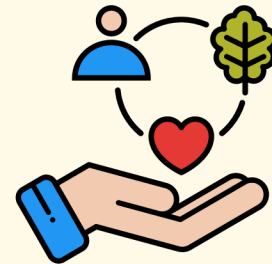
**"Whoever can be trusted with very little can also be trusted with much..."**

Luke 16:10



**Say This Out Loud:**

**I am Responsible**



- 1 Reflecton:** What does this verse teach us about being responsible? Why is it important to be faithful in small things before being trusted with bigger things?

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- 2 Responsibility Bingo:** Below are nine actions that show responsibility. Mark off each one you complete this week. Try to get "BINGO" by completing a row across, down, or diagonally.

Helping a younger sibling	Finishing homework before TV time	Keeping your room tidy
Feeding a pet on time	Putting away toys without being asked	Admitting when you make a mistake
Completing chores without reminders	Being ready on time for school or church	Keeping a promise to a friend

- 3 "What Would You Do?" Game:** Instructions: Read each scenario and think about how you would respond responsibly.

- Your teacher asks you to take an important note home to your parents. What do you do?
- You borrowed your friend's book but accidentally damaged it. What should you say or do?
- Your family asks you to take care of the family pet while they're away for the day. What steps should you take to ensure you're responsible?

"I can do all this  
through Him who  
gives me  
strength."

Philippians 4:13



Say This Out Loud:

I have  
Godly  
Confidence



- 1 **Reflection:** What does this verse tell you about where true confidence comes from? How does trusting in God make you feel stronger and more courageous?

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- 2 **Confidence Jar:** Instructions: Decorate a small jar with positive words like "I Can," "God is with me," or "I Am Strong."

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Step 1: Write down five things you're good at on separate slips of paper (e.g., drawing, singing, being a good friend).

Step 2: Now write down five Bible truths that remind you of God's strength in your life (e.g., "I am fearfully and wonderfully made" – Psalm 139:14).

Step 3: Each morning, pull one paper from the jar and remind yourself of that strength as you begin your day.  
.....

- 3 **Confidence-Building Puzzles:** Determine the best answers to the questions below using words that describe Godly confidence.

1. Trust in God's strength (5 letters)
2. Feeling brave even when you're scared (7 letters)
3. Knowing that God's love never fails (4 letters)
4. Believing that you are valuable because God made you (5 letters)
5. The Bible says we are more than \_\_\_\_\_ through Christ. (8 letters)

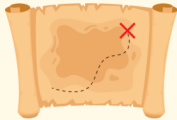
- 4 **Journal** Write down five ways you can show godly confidence this week.



# Seeing God's Blessings and Saying "Thank You" Day 9 Character Challenge

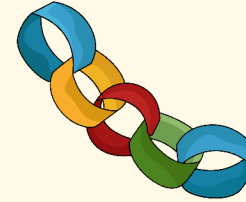
**"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."**

1 Thessalonians 5:18



**Say This Out Loud:**

I am  
Grateful



- 1 **Thankful Treasure Hunt:** Go on a "treasure hunt" around your house or school and find 5 things you're thankful for. Write them below.

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- 2 **Scripture Reflection:** Reflect on the following Bible verse about gratitude. What does this verse mean to you? How can you apply this teaching to your life?

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- 3 **Gratitude Chain:** Each day for a week, write one thing you are thankful for on a strip of paper. Loop the strips together to form a gratitude chain. Reflection Question: By the end of the week, how long is your chain? What surprised you about how many blessings you wrote down?

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- 4 **Gratitude Prayer:** Write a short prayer to God, thanking Him for the blessings in your life.

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"Rejoice with  
those who  
rejoice; mourn  
with those who  
mourn."

Romans 12:15



Say This Out Loud:

I Empathize



- 1 **The "Walk in Their Shoes" Game:** Instructions: Read each situation below. Imagine how the person might feel. Write down what you would say or do to show empathy.

Your friend forgot their lunch at home and feels embarrassed.

- How might they feel? \_\_\_\_\_
- What could you say or do to help? \_\_\_\_\_

Your classmate is nervous about reading aloud in class.

- How might they feel? \_\_\_\_\_
- What could you say or do to encourage them? \_\_\_\_\_

Your sibling just lost their favorite toy.

- How might they feel? \_\_\_\_\_
- What could you say or do to comfort them? \_\_\_\_\_

- 2 **The "Feelings Jar":** Instructions: Create a "Feelings Jar" using a clean jar or container.

- Write different feelings (e.g., happy, sad, nervous, excited) on slips of paper and place them inside the jar.
- Each morning, pull one feeling from the jar and think about someone you know who may have felt that way before.
- Pray for that person or think of one kind thing you could do for someone feeling that way.

- 3 **Reflection:** What does this verse teach us about caring for the feelings of others? How can we show empathy when someone is sad or happy?



Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Joshua 1:9



Say This Out Loud:

I am  
Courageous



- 1 **Reflection:** What does this verse tell us about where courage comes from? How can remembering that God is with you help you face your fears?

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- 2 **The "Courage Compass":** Instructions: Draw a large compass with four points. Write one fear you have in each section. Next, write one courageous action you can take to face each fear.

Examples:

**Fear:** Speaking in front of the class → **Courageous Action:** Practice in front of my family.

**Fear:** Trying a new sport → **Courageous Action:** Ask a coach for advice.

Reflection Question: How does preparing for scary situations make you feel more confident?

- 3 **The "Courage Cards" Game:** Instructions: On index cards, write different courageous actions like:

- ✓ Apologizing when you're wrong.
- ✓ Volunteering to go first in class.
- ✓ Standing up for someone.
- ✓ Trying something new.

Place the cards in a box and draw one each day. Challenge yourself to complete the courageous action you picked.



"Like a city  
whose walls are  
broken through  
is a person who  
lacks self-  
control."

Proverbs 25:28



Say This Out Loud:

I have  
Self-control



- 1 **Reflection:** What does this verse teach us about why self-control is important? How can self-control help protect you from making poor choices?

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- 2 **The "Pause and Think" Chart:** Instructions: Read the chart below. Fill in your own.

Situation	Impulsive Reaction	Self-Controlled Choice
Your friend teases you.	Yell back.	Calmly ask them to stop.
You're tempted to eat dessert before dinner.	Sneak a bite.	Wait until after dinner.
You're frustrated with your homework.	Slam your book shut.	Take a break and ask for help.

- 3 **Prayer:** Dear God, please help me to stay calm when I feel upset. Teach me to think before I speak and choose what is right, even when it's hard. Give me the strength to have self-control so I can honor You in all I do. In Jesus Name. Amen.



## Treating Everyone with Honesty and Respect Day 13 Character Challenge

**"To do what is  
right and just is  
more acceptable  
to the Lord than  
sacrifice."**

Proverbs 21:3



**FAIRNESS**

**Say This Out Loud:**

I am

Fair



- 1 **Reflection:** What does this verse teach you about fairness? Why is it important to treat others fairly, even when it's difficult?

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- 2 **The "Fair or Unfair?" Game:** Instructions: Read each situation below and decide if it's fair or unfair. If it's unfair, write what could be done to make it right.

Your friend borrows your toy and refuses to give it back.

- Is this fair or unfair? \_\_\_\_\_
- What could make it fair? \_\_\_\_\_

During a group project, one person does all the work while others play.

- Is this fair or unfair? \_\_\_\_\_
- What could make it fair? \_\_\_\_\_

Your teacher gives everyone the same amount of class time to finish a test.

- Is this fair or unfair? \_\_\_\_\_
- Why is this fair? \_\_\_\_\_

- 3 **The "Share & Care" Challenge:** Instructions: This week, practice fairness by completing three of the following actions:

- ✓ Let someone else go first in a game or activity.
- ✓ Share a toy, book, or snack with a sibling or friend.
- ✓ Offer to help a classmate who is struggling.
- ✓ Take turns during a family or group activity.
- ✓ Ask for everyone's opinion before making a group decision.

Reflection Question: Which action was the hardest? How did showing fairness make others feel? Did you ask God to help you?

"Let us not  
become weary in  
doing good, for  
at the proper  
time we will reap  
a harvest if we  
do not give up."

Galatians 6:9



Say This Out Loud:

I don't  
Give up



- 1 **Reflection:** What does this verse teach you about not giving up? Can you think of a time when you kept trying and saw success in the end?

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- 2 **"Try, Try Again" Cup Tower Challenge:** Instructions: In this fun challenge, your goal is to build the tallest cup tower possible using 20 plastic cups.

1. Try to build the tallest tower you can in 2 minutes.
2. If your tower falls, don't give up! Keep rebuilding.
3. Each time you rebuild, write down one change you made to improve your tower.

Reflection Question: How did your persistence help you succeed? What can you learn from trying again?

- 3 **Definition:** In your own words, write what perseverance means to you.

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- 4 **Perseverance Prayer:** Instructions: Write a simple prayer asking God to give you the strength to keep going when things are hard.

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"For if you  
forgive other  
people when  
they sin against  
you, your  
heavenly Father  
will also forgive  
you."

Matthew 6:14



Say This Out Loud:

I am  
Forgiving



- 1 **Reflection:** What does this verse teach you about forgiveness? How can remembering that God forgives you help you forgive others?

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- 2 **The "Fix It" Challenge:** Read the following situations and write what you could do to fix the problem using forgiveness.

Your friend broke your favorite toy but didn't say sorry.

➤ How can you respond with forgiveness?

Your sibling said something hurtful during an argument.

➤ What could you say or do to forgive them?

You forgot to invite a friend to your birthday party, and they're upset.

➤ What steps could you take to make things right?

- 3 **Forgiveness Prayer:** Instructions: Write a simple prayer asking God to help you forgive others.

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**"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."**

Philippians 2:3



**Say This Out Loud:**

I am  
Humble



- 1 **Reflection:** What does this verse teach us about humility? Why is it important to treat others as important as ourselves?

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- 2 **"I Am Not Better, Just Different" Puzzle:** Instructions.

1. Write down 5 things you are good at (e.g., sports, drawing, math).
2. Now write down 5 things your friend or sibling is good at.
3. Using puzzle shapes, write each strength inside a puzzle piece.
4. Arrange the pieces side by side to show how different strengths fit together – like a team!

**Reflection Question:** How does humility help us appreciate other people's strengths instead of feeling jealous or prideful?

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- 3 **"The Humble Hero" Story Writing:** Instructions: Write a short story about a hero who shows humility. Your story should include:

- ✓ A main character who is good at something.
- ✓ A moment when they have a chance to brag – but choose to be humble instead.
- ✓ A positive outcome that shows why humility is powerful.

**Reflection Question:** Why does humility make people respect and admire you more than bragging does?

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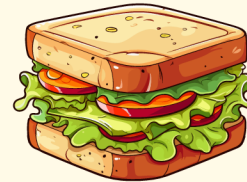
**“Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done.”**

Proverbs 19:17



**Say This Out Loud:**

**I am  
Generous**



## 1 The “Sharing Sandwich” Game: Instructions.

1. Create a paper sandwich by cutting out pieces of construction paper for the bread, meat, cheese, and veggies.
2. On each layer of the sandwich, write one way you can be generous with your:

➤ Time                      ➤ Words                      ➤ Possessions                      ➤ Actions

3. Stack the pieces together to create your “Generous Sandwich.”

**Reflection Question:** How can being generous with your time and words be just as important as giving things?

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## 2 The “Secret Giver” Challenge: Choose one day this week to be a Secret Giver. Do something kind and generous for someone without them knowing. Examples:

- ☒ Leave an encouraging note in someone’s backpack.
- ☒ Clean up a room or area without being asked.
- ☒ Give away a special treat or toy without taking credit.

**Reflection Question:** How did it feel to give without expecting anything in return?

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## 3 Generosity Prayer: Instructions: Write a prayer asking God to help you be a cheerful giver.

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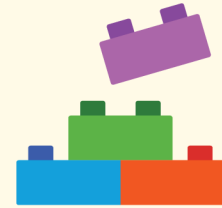
"Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart."

Proverbs 3:3



Say This Out Loud:

I am  
Faithful



- 1 **Reflection:** How can being faithful to your friends, family, and God build trust?

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- 2 **"The Trust Tower" Game:** Using building blocks (like LEGO or Jenga), label each block with ways to show faithfulness (e.g., honesty, loyalty, keeping promises).

1. Build the tallest tower you can, adding blocks as you list new ways to practice faithfulness.
2. Each time you remove a block, discuss how losing faithfulness can weaken relationships.

**Reflection Question:** Why is it important to keep adding "faithfulness" to the relationships in your life?

- 3 **"Faithfulness in Action" Role-Play:** With a friend or family member, act out these situations. Show what being faithful would look like:

1. Your friend asks you to keep a secret, but someone else asks about it. How can you show faithfulness? \_\_\_\_\_
2. You promised your parents you'd clean your room, but you'd rather play outside. What's the faithful choice? \_\_\_\_\_
3. You joined a new soccer team, but you're struggling to improve. How can you stay committed to learning and improving? \_\_\_\_\_

**Reflection Question:** What was the hardest situation to act out? Why is staying faithful sometimes difficult?

**"Whatever you do,  
work at it with all  
your heart, as  
working for the Lord,  
not for human  
masters."**

Colossians 3:23



**Say This Out Loud:**

I am  
Diligent



- 1 **"The Diligence Ladder" Challenge:** Instructions. 1. Draw a ladder with 5 steps.  
2. On each step, write one part of a difficult task you need to complete this week (e.g., cleaning your room, finishing a school project, practicing a skill).  
3. Each time you complete a step, color it in.

Example:  
Cleaning My Room

- ✓ Step 1: Pick up clothes
- ✓ Step 2: Organize books and papers
- ✓ Step 3: Dust the furniture
- ✓ Step 4: Vacuum or sweep the floor
- ✓ Step 5: Put toys and games in their place

**Reflection Question:** How does breaking a big job into smaller steps make it easier to finish?

- 2 **The "Focus and Finish" Game:** Instructions: Choose a task you normally find boring or difficult (e.g., homework, practicing an instrument).  
1. Set a timer for 15 minutes and focus only on that task until the timer ends.  
2. When the timer rings, take a 5-minute break.  
3. Repeat until your task is complete.

Challenge: Write down what task you completed and how it felt to stay focused:

Task Completed: \_\_\_\_\_

How I Felt After Staying Focused: \_\_\_\_\_

- 3 **Diligence Prayer:** Instructions: Write a simple prayer asking God to help you stay diligent.

\_\_\_\_\_

"The King will reply,  
Truly I tell you,  
whatever you did  
for one of the least  
of these brothers  
and sisters of mine,  
you did for me."

Matthew 25:40



Say This Out Loud:

I am  
Compassionate



- 1 "The Compassion Compass": Draw a compass with four points. On each point, write one way you can show compassion in different areas of your life:

Compass Point	How to Show Compassion
Home	
School	
Church	
Neighborhood	

**Bonus Challenge:** Choose one action from your compass to complete this week!

- 2 "The Kindness Detective" Challenge: Instructions: For one day, be a "Kindness Detective" by looking for opportunities to show compassion. Write down three moments when you showed kindness or compassion.

**Reflection Question:** How did being a "Kindness Detective" help you notice others' needs?

- 3 **Compassion Prayer:** Instructions: Write a simple prayer asking God to help you show compassion.



**"Serve one  
another humbly  
in love."**

Galatians 5:13



**Say This Out Loud:**

**I willingly  
Serve**



- 1 **Reflection:** What does this verse teach you about serving others? How can serving someone show God's love?

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- 2 **"The Serving Hands" Craft:** Instructions.

- ▶ Trace your hands on a sheet of paper.
- ▶ Inside the left hand, write ways you can serve at home (e.g., cleaning up, helping a sibling).
- ▶ Inside the right hand, write ways you can serve at school, church, or in your community (e.g., encouraging a friend, volunteering).
- ▶ Decorate your "serving hands" with words like "Kindness," "Love," and "Helping."

**Bonus Challenge:** Choose one action from each hand to complete this week!

- 3 **"The Secret Servant" Challenge:** Choose one day this week to be a Secret Servant. Your challenge is to quietly help someone without being asked – and without taking credit!

Examples:

- ✓ Sweep the floor without telling anyone.
- ✓ Leave an encouraging note for a classmate.
- ✓ Offer to help someone carry their books.

**Reflection Question:** How did serving others secretly make you feel inside?

- 4 **Service Prayer:** Write a simple prayer asking God to help you serve others with a joyful heart.

**"Do not grieve,  
for the joy of the  
Lord is your  
strength."**

**Nehemiah 8:10**



**Say This Out Loud:**

**I am  
Joyful**



- ① **Reflection:** What does this verse teach you about where true joy comes from? How can spending time with God help you feel joyful even on hard days?

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- ② **"The Joyful Colors" Art Project:** Instructions:

1. Draw a large rainbow on a sheet of paper.
2. Inside each color stripe, write something that brings you joy.
3. Add pictures, stickers, or drawings to decorate your Joyful Rainbow.

**Reflection Question:** How can remembering these joyful moments help you when you're feeling sad or discouraged?

- ③ **The "Joy Spreader" Challenge:** Instructions: Spread joy by completing three of the following actions this week:

- ✓ Tell a funny joke to make someone smile.
- ✓ Write a happy note or card for a friend or teacher.
- ✓ Sing a cheerful song during your morning routine.
- ✓ Surprise someone with a random act of kindness.
- ✓ Say "thank you" with a big smile to brighten someone's day.

**Bonus:** Write down how each person reacted when you shared joy with them.

- ④ **Joyful Prayer:** Read aloud the prayer asking God to fill your heart with joy.  
"Dear God, thank You for filling my life with joy. Help me to remember that true joy comes from knowing You and trusting Your plan. Please teach me to find joy even when things are hard. Amen."

"Yes, my soul, find  
rest in God; my  
hope comes from  
him."

Psalms 62:5



Say This Out Loud:

I am  
Hopeful



- 1 **Reflection:** What does this verse teach you about where hope comes from? How can trusting God help you feel hopeful even when things seem tough?

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- 2 **"The Anchor of Hope" Craft:** Draw a large anchor on a piece of paper.
1. On the top of the anchor, write the word "HOPE."
  2. On the anchor's chain, write things that help you stay hopeful (e.g., prayer, reading the Bible, encouragement from family, or remembering God's promises).
  3. Decorate the anchor with bright colors to remind yourself that hope keeps you strong.

**Bonus Challenge:** Each time you face a hard situation this week, imagine your anchor keeping you steady and focused on God's promises.

- 3 **Definition:** In your own words, write what hope means to you.

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- 4 **"Hope Stories" Writing Challenge:** Write a short story about a character who faces a difficult challenge. Show how the character keeps hoping and trusting God, even when things seem hard. End the story with a positive outcome that shows how hope gave the character strength.

- 5 **Hopeful Prayer:** Pray and ask God to fill your soul with hope today.



**“You will keep in perfect peace those whose minds are steadfast, because they trust in you.”**

Ephesians 4:32



**Say This Out Loud:**

**I am  
Peaceful**



- ① **Peaceful or Not?** Instructions: Read each situation. Circle the ones that show peace.

- A girl shares her toys after someone asks nicely.
- A boy yells back at his sister.
- Two friends decide to take turns.
- A classmate makes fun of someone during lunch.
- A child prays when they feel upset.

- ② **Complete the Sentence:** Instructions: Finish each sentence with your own peaceful thought.

When I feel angry, I can choose to...




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I can help bring peace to my home by...




---

A peaceful life looks like...




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- ③ **Peace Prayer:** “Dear God, help me stay calm when I feel worried or upset. Thank You for being my peace. Amen.”

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**“Dear children, let us not love with words or speech but with actions and in truth.”**

1 John 3:18



**Say This Out Loud:**

I am  
Loving



- 1 **Real or Fake Love?** Instructions: Read each action. Write R for Real Love or F for Fake Love.

Situation	R or F?
Saying “I love you” but refusing to share	
Helping your friend clean up a mess	
Giving someone a gift to brag	
Praying for someone who is sick	
Laughing when someone gets hurt	
Being kind even when you're tired	

- 2 **Finish the Thought:** Instructions: Complete each sentence with how you can show real love.

I show love at home when I...



\_\_\_\_\_

I show love like Jesus when I...



\_\_\_\_\_

- 3 **Love Prayer:** “Dear God, teach me to love like You – not just with words, but with my actions every day. Amen.”

**“Create in me a clean heart, O God, and renew a right spirit within me.”**

Psalm 51:10



**Say This Out Loud:**

**I am  
Pure**



- ① **Reflection:** What does this verse teach you about where purity comes from?

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- ② **“Guard Your Gates”:** Instructions. God gave us eyes, ears, and a heart. Let’s protect what we let in! Write down what each sense should be filled with:

Eyes 👁️	
Ears 🦻	
Heart ❤️	

**Options:**

- God’s Word
- Uplifting music
- What is kind and true

- ③ **Pure or Not?:** Instructions: Circle the choices that show a pure heart.
- Watching a kind cartoon | Watching something violent
  - Saying encouraging words | Telling a mean joke
  - Reading the Bible | Sneaking a book you were told not to read
  - Being honest | Hiding the truth
  - Helping your sibling | Ignoring someone in need
- ④ **Draw It!** Draw a shield labeled “Purity”. Inside the shield, draw or write things that help keep your heart clean before God.
- ⑤ **Purity Prayer:** “Dear God, help me protect my heart and mind. I want to think, see, and do what is right in Your eyes. Amen.”



"Let us worship and  
bow down; let us  
kneel before the  
Lord our Maker."

Psalm 95:6



Say This Out Loud:

I am  
Reverent



- 1 **Reflection:** How can showing reverence to God in your words, actions, and worship help you grow closer to Him?

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- 2 **"Reverence Reflection":** Instructions: Choose one of the places below. Describe one way you can show reverence for God in that place.

**AT HOME:** \_\_\_\_\_

**AT CHURCH:** \_\_\_\_\_

**AT SCHOOL:** \_\_\_\_\_

- 3 **Holy or Casual?:** Instructions: Read each situation and check the box if it shows reverence for God.

Situation	<input checked="" type="checkbox"/> Reverent?
Saying a quick prayer while laughing with friends	<input type="checkbox"/>
Singing worship songs with your heart	<input type="checkbox"/>
Talking loudly in church while others are praying	<input type="checkbox"/>
Standing quietly during a Bible reading	<input type="checkbox"/>
Using God's name to make a joke	<input type="checkbox"/>
Bowing your head to thank God before eating	<input type="checkbox"/>

"Be merciful, just as  
your Father is  
merciful."

Luke 6:36



Say This Out Loud:

I am  
Merciful



- 1 **What Would Mercy Do?:** Instructions: Read each situation and write what a merciful person would do.

Someone cuts in front of you in line.




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A classmate drops their lunch and looks upset.




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Your younger sibling breaks something you love.




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- 2 **"Mercy vs. Payback":** Instructions: Check the box that shows mercy.

- ▶ Offer to help someone who once left you out | ☐
- ▶ Say, "Now you know how it feels!" | ☐
- ▶ Forgive someone who hurt your feelings | ☐
- ▶ Ignore them and hope they feel bad | ☐
- ▶ Say, "Now you know how it feels!" | ☐
- ▶ Pray for someone who's been unkind | ☐
- ▶ Talk about them behind their back | ☐

- 3 **Reflection:** How does showing mercy help others see God's love through you?

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- 4 **Mercy Prayer:** "Dear God, thank You for showing me mercy every day. Help me to be gentle and kind, even when it's hard. Amen."

# ☀️ Thank You for Growing with Us! ☀️

The journey of godly character doesn't end here... it's only just beginning.

Dear Young Hero,

You've just completed a big step in becoming the person God made you to be. Every time you chose to reflect, create, solve, or pray during this activity book – you were planting seeds of godly character. And the amazing thing? Those seeds will grow into strength, joy, and wisdom that will bless your whole life.

HeroesMart Academy's Pre-K to Grade-K Homeschool Curricula



## 💌 A Note from HeroesMart Academy

We created this free activity book with love and prayer, hoping to support families like yours in building up young hearts for Christ. Our desire is that these activities helped you learn more about who God is – and who you are in Him.

If this book has been a blessing to your family, would you help us share it with someone else? A neighbor, a Sunday school teacher, or a homeschooling friend may need this very resource.

## 📚 Keep the Learning Going!

Explore more from HeroesMart Academy:

✉️ Email us: [inquiry@heroesmart.com](mailto:inquiry@heroesmart.com)

📺 Free Video Lessons: [youtube.com/@heroesmartacademy](https://youtube.com/@heroesmartacademy)

🌐 Free downloads & more: [www.heroesmartacademy.com](http://www.heroesmartacademy.com)

## 🙏 Final Blessing

We pray that God continues to shape you into a courageous, kind, and faithful leader for His glory. May His Word guide your steps and His Spirit fill your heart every day.

With love,

Lan & Nita Olude  
Founders of HeroesMart Academy

