



**Can anyone be a
hero?**

Let's look at this week's story



Wales' Chief nursing officer, Sue Tranka, has said that depicting nurses as superheroes has placed added pressure on already exhausted workers. She added that the NHS faced an unsustainable staffing gap. There are more than 1,700 nursing vacancies in Wales, according to the Royal College of Nurses. Ms Tranka has said that unrealistic expectations on staff following the pandemic was not helping as, at the start of the pandemic, images of doctors and nurses as superheroes appeared everywhere.



Learn more about this week's story [here](#).
Watch this week's useful video [here](#).
This week's Virtual Assembly [here](#).



This week's story looks at events related to ...



How does it make me feel?



sad	angry	happy	confused	excited	worried	shocked	afraid
despondent disconsolate dismal doleful downhearted forlorn gloomy melancholic miserable woeful wretched	aggrieved annoyed discontented disgruntled distressed exasperated frustrated indignant offended outraged resentful vexed	beaming buoyant cheery contented delighted enraptured gleeful glowing joyful	addled baffled bemused bewildered disorientated indistinct muddled mystified perplexed puzzled	animated elevated enlivened enthusiastic exhilarated exuberant thrilled	agitated anxious apprehensive concerned disquieted distraught distressed disturbed fretful perturbed troubled uneasy	astonished astounded disconcerted distressed dumbfounded horrified staggered startled stunned surprised	alarmed apprehensive daunted fearful frantic horrified petrified terrified



Read through the information below.
What is a hero to you?

What is the definition of a hero?

One dictionary definition of a hero is, "a person of distinguished courage or ability, admired for his or her brave deeds and noble qualities." Heroes come in many forms in life, ranging from one's family and friends to athletes to movie stars. A person's heroes can change over time.

"A hero is someone who has given his or her life to something bigger than oneself."

American writer,
Joseph Campbell



Who are some of your heroes?

How did the NHS superheroes idea originate?



Starting in April 2020, lots of people chose to display rainbows to show their support for NHS heroes during the pandemic as part of the 'Thanks a million NHS' campaign. Other initiatives included 'Clap for Carers' which was a social movement created as a gesture of thanks for NHS and health workers. Each Thursday at 8pm, people would stand outside their homes and clap in thanks of our healthcare workers.



Pictured: In 2020, One family with their rainbow painted fence and the NHS logo with the Superman 'S', used by many newspapers and magazines.

Do we all have the same heroes?



Look at the resource below, which shares some of the ways people might affect our lives and make them better.

Somebody who gives up their spare time to volunteer in a charity shop. They sort through clothes and toys and sell them to earn vital funds for the charity, which can then help others.

Somebody who spends time organising events and activities for you to attend in your local area such as fairs, outdoor concerts, book swaps, parties, clubs.



Pictured: people litter picking in their local area to help keep it clean and tidy.

Someone who spends a few hours each week tidying their local area and picking up litter.

A person who has a job where they help people such as a nurse, firefighter, shopkeeper, teacher.

Someone who always spots when others are hurt or feeling sad and checks they are okay. They always show kindness and care to others.



Pictured: volunteers sorting through food, water, blankets and other items to help those who need it.

Do you agree that these people are all heroes? Can you think of any other unsung heroes?

Resource
two



Look at the resource below, which do you think describe a fictional hero and which describe a real-life hero? Can any be used to describe both?

Shows kindness.



Has a secret identity.

Always has a powerful enemy or villain to conquer.


Puts other people before themselves.

FICTIONAL HEROES

Has a costume.


REAL-LIFE HEROES

Is courageous.



Has a Superpower.

Stands for good and what is the right thing to do.



Makes the world a better place.

Saves people.

**What similarities and differences do real-life and fictional heroes have?
Does everyone agree?**

Reflection



Real-life heroes are all around us! We all have our own versions of what a hero is to us. To many, a hero is someone who affects or changes the lives of others for the better.





**British
Values**



Mutual Respect

Our behaviour, actions and words affect others. We all have the power to change people's lives for the better. We can all be heroes!





UN Rights of a Child



We all have the right to be alive and survive and develop in the best way possible. There are many people who can help us do this, including those who work for the NHS.

