

Student's Journal

Student Name: _____

Date: _____

Task 1 || The Road to Heroism (3 persons Team)

Team Name: _____

Team Member (A/B/C): _____

Based on the video you just watched on *What makes a Hero*, please answer the questions below.

| Sr. No. | Question | My Response | My Teammate's Response (I) | My Teammate's Response (II) |
|---------|--|-------------|----------------------------|-----------------------------|
| 1 | Who do you consider your hero and why? | | | |
| 2 | In your view, what qualities you think make an individual a hero in the society? | | | |
| 3 | How do you think you can nurture yourself to be a hero in others' eyes? | | | |

Task 2 || The Breathing Exercise (3 persons Team)

After learning more and completing the breathing exercise, please share your experiences as under.

| Sr. No. | Question | My Response | My Teammate's Response (I) | My Teammate's Response (II) |
|----------------|---|--------------------|-----------------------------------|------------------------------------|
| 1 | How did you feel after doing this exercise? | | | |
| 2 | How can performing this exercise on a daily basis improve your wellbeing? | | | |