

The Heroes' Journey

Donna Wissinger
Flutist, Athlete, Arts Educator

The Heroes' Journey is presented in Three Parts:



Part 1 The Introduction and Motivation to take the Journey 

Part 2 The Skills to Make the Journey


Part 3 Experiencing a Life of Service

The Heroes' Journey

The Heroes' Journey is one of the oldest stories told. Every culture in the world has its version....every version has its nuance, but the journey is the same.

An ordinary person recognizes a call   a fire within. This call leads to a journey.....both into the external world and into the internal world of self.

- The hero begins to understand that the true journey is made inside his or

her self.  A struggle occurs between good and evil or love and hate.



Often the struggle is

- The hero learns that often the true struggle is in his or her self...the

struggle to realize their own gifts and powers.



- Once these gifts or powers are manifest in the hero, the hero must decide whether to use his or her power for *self* or for the greater good of mankind.

- The **hero** always chooses the greater good.



The Heroes' Journey

Part 1



The Introduction and Motivation to take the Journey

- In addition to stories presented by the artist, the students recall the **inspirational stories** of heroes, past and present, that inspire them.



- Students innumerate and discuss the **character traits** of heroes.
- **Each step** of the Heroes' Journey is examined with **interactive activities** such as: the need to expand their worlds through balancing peacock feathers, hearing their own voices and understanding their own struggles using strings and poles, and realizing the power of team work and unity



using the age old pattern of the Holoprint.

- Students examine their own character traits, skills, and gifts.
- Students begin to **reflect upon the skills they may need to develop** to take their journeys.

The Heroes' Journey

Part 2



The Skills to Make the Journey

- The students discuss the skills Heroes develop to make their Journeys.
- The students reflect upon those skills they already possess and those they

would like to develop to make their own journeys.



- Using a tennis racket and balls and balancing canisters of water students



experience concentration, focus and determination.

- Skills of organization, discipline and time-management become apparent through intriguing games.

- Students learn the essential practice of positive self-talk.



The Heroes' Journey



Part 3 Experiencing a Life of Service

- **Students plan an activity that uses their skills in service to their school or community.**

Activities can involve each individual 21st Century program or be a project in coordination with another group. It can be a single event or a project that continues.

Students work together to plan and implement their project.

Students document their activity.

- **Students keep a journal of their own Heroes' Journey.**

