



INSTITUTE FOR
HUMANE EDUCATION

Sowing Seeds Online Daily Exercises – Two Samples

Day 7

Accurate Information

One of the four elements of humane education is providing accurate information. As you go through your day, notice the information that you encounter at school, in the news, on the radio, and in conversation with others. Choose a fact or statistic that you encounter and do some research to determine the accuracy of that information and the credibility of the source. You may wish to do this exercise in relation to the information you receive *in this course*. For example, you watched “Did you know?” on Day 3, which was filled with statistics. You might research a few to assess their validity. You have also visited several websites in connection with this course. What information can you confirm? Finally, consider how you will bring a healthy skepticism and commitment to ascertaining truth to your students so that, as a matter of course, they assess new information (including information from you, their teacher) for accuracy.

Day 10

We can all be heroes

Spend time reading the stories of those featured in the documentary *The New Heroes* from <http://www.pbs.org/opb/thenewheroes/>. This series profiles 14 people who’ve made a stunning difference for other people. Also peruse the section “For Teachers.” (NOTE: You may wish to purchase a copy of *The New Heroes* to use for your classroom, \$29.95 plus s&h, or you can borrow it from your local library.)

Next, watch “The Power of One”

<http://ca.youtube.com/watch?v=y9dz3wUn818>

and visit The Janus Center, <http://thejanuscenter.com> to read about The Hero Workshop and Curriculum. Then consider the following: What role models for heroism can you offer in your classroom? How can you inspire



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ordinary heroism among your students? If you are a language arts teacher, you may wish to select books and short stories with protagonists who act in heroic ways. If you are a social studies or history teacher, you may wish to invite students to do a project on a historical figure whose courage, perseverance, and compassion largely defined their role in history. If you are a science or math teacher, you may want to profile science or math heroes, such as Galileo or Darwin, to illuminate the ways in which courage may mean defying societal pressures in pursuit of knowledge and truth. Use your time today reflecting upon both great heroism and ordinary, everyday heroism, and assess your own relationship to the concept of heroic acts.

Lastly, write down some thoughts in answer to this question: “How might I model more ordinary heroism for my students?”