



Noble Trends Unbound, Inc.

# BIG HERO

## PROGRAM

MANUAL OF OPERATIONS

# INTRODUCTION

**Noble Trends Unbound Foundation** takes the issue of hunger seriously but we believe that it is not constricted to the starvation of the stomach. The lack of resources in certain communities has produced special kinds of hunger, especially targeting the vulnerable young: the hunger of the mind and the soul.

NTU Foundation has therefore pioneered a set of programs that would address the aforementioned types of hunger in our adopted schools. We have called it **THE BIG HERO PROGRAM**.

Inspired by the success of the tried-and-tested “Big Brother/Big Sister” type of mentorship, the Big Hero Program is an 8-week homeroom course facilitated by NTU Foundation volunteer mentors. It is comprised of differing activities that aim to stimulate the skills and abilities, the intellect and insightfulness, as well as the characters and virtues of the kids. This way, we could address the problems of academic shortcomings and values deficiency.

We value the concept of heroism. We consider our volunteer mentors the **Big Heroes** for they will be the ones inspiring hope for the younger generations, based on their own sacrifice and advocacies. We also see the young kids as Big Heroes themselves for they are the ones who will usher the bright future for our communities, our city, and our nation.

This User Manual contains all essential information for the mentors to make full use of the programs. This manual includes a simple description of the programs, procedural dynamics, guide questions for reflection and internalization, processing for the incorporation of values formation, and flexible time tables for each program to follow.

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# I. SHARE HOPE

*“Give a person a dream and you have given them hope, give a person hope and you have given them their dream.” – Trinity Chsara*

**TYPE OF ACTIVITY:** Arts & Crafts

**GOALS:**

1. To establish a working relationship with the community.
2. To share time, presence and treasure that would leave an impact to the society.

**MATERIALS NEEDED:**

Bond papers  
Pencils  
Crayons  
Recycled Materials

**DYNAMICS:**

1. Ask the children to visualize the world.
2. Using the various art materials and recycled objects, ask them to illustrate their vision of the world.
3. Let the children individually share to the class what they have drawn.

**PROCESSING:**

1. Let's be reminded that every day is a time to share hope. We don't have to be rich or have a lot of money in order to accomplish sharing hope.
2. Share hope so others could also be encouraged to share hope.
3. Hope is tangible if we are present.

**GUIDE QUESTIONS:**

1. What is hope to you? In your own words and understanding, define hope.
2. Describe the life of the Filipinos particularly the young.
3. In your own little way, how would you share hope?

**SUGGESTED PROGRAM FLOW:**

Time Duration	Activity
1 min	Opening Prayer
3 min	Attendance
5 min	Introduction to the Activity
40 min	Illustrate your Vision of the World through Drawing
20 min	Sharing
10 min	Processing
10 min	Snacks
1 min	Closing Prayer

## II. TRAIL BLAZE

*“When educating the minds of our youth, we must not forget to educate their hearts.” – Dalai Lama*

**TYPE OF ACTIVITY:** *Academic Tutorials*

**GOALS:**

1. Create a path for the next generations to follow.
2. Establish a trail for people to blaze through academic sharing.

**MATERIALS NEEDED:**

Paper/Notebook  
Pen  
Text Books  
White Board/Green Board  
White Board Markers/Chalk

**DYNAMICS:**

1. Group the students according to their subject preference, the subject matter where they have difficulty coping up with in school, e.g. English, Mathematics, Science.
2. Per group should have their own teacher/tutor, someone who is an expert on the subject matter he/she has to teach.
3. The lecture session should last for 35 minutes.
4. After the lecture/discussion, the teacher should administer Question and Answer (Q & A) to gauge how

much the students learned. Q & A can be in the form of written quizzes or verbal questioning.

**PROCESSING:**

1. Education is the key to success. Most people agree that the higher education a person attains, the higher their wages. One of the ways through life is education.
2. Educated minds bring great value to the communities in which they live.
3. Intelligence plus character – that is the true goal of education. – *(Martin Luther King, Jr.)*

**GUIDE QUESTIONS:**

1. How important is education to you?
2. What hinders you from studying very well?
3. How do you plan to overcome these challenges?
4. How do you plan to utilize your education despite the limits that you’re encountering?

**SUGGESTED PROGRAM FLOW:**

Time Duration	Activity
1 min	Opening Prayer
3 min	Attendance
5 min	Introduction to the Activity
45 min	Tutorials
5 min	Q&A/Short Quiz
5 min	Sharing
10 min	Processing
10 min	Snacks
5 min	Announcements
1 min	Closing Prayer

### III. BUILDING BRIDGES

*“Leadership is building a bridge that connects the vision with the purpose, in order to empower those who are around us.” – David Walker*

**TYPE OF ACTIVITY:** Arts & Crafts (Building a Bridge)

**OBJECTIVES:**

1. To remind everyone that in helping one another, we can build bridges.
2. To see the importance of building relationship in the community.

**MATERIALS NEEDED:**

Newspapers  
Masking Tapes  
Scissors  
Foot Rule  
500 mL water bottle, filled with water

**DYNAMICS:**

1. Students will work in teams so they must collaborate and work together to be successful.
2. Each group will have 40 minutes to create their own bridge (6” tall x 18” long) using ONLY the materials given.
3. After 40 minutes, each bridge shall be tested to see how strong it is. It should be sturdy enough to hold a 500 mL water bottle, filled with water, for 10 seconds.

**PROCESSING:**

1. In achieving a certain goal, it is best to have a single goal.
2. Bridges are stronger when working together.
3. Actual bridges are built to connect separated lands, communal bridges are built to connect people separated by societal gaps.

**GUIDE QUESTIONS:**

1. What are your struggles in creating the bridge?
2. What would be the benefits of building bridges in the communities?
3. How would you develop personal bridges/connections to transform contentious behaviors in the community?

**SUGGESTED PROGRAM FLOW:**

Time Duration	Activity
1 min	Opening Prayer
3 min	Attendance
5 min	Introduction of the Activity
40 min	Bridge Building
15 min	Sharing
15 min	Processing
10 min	Snacks
1 min	Closing Prayer

## IV. NOURISHING COMMUNITIES

*“Healthy citizens are the greatest asset any country can have.” – Winston Churchill*

**TYPE OF ACTIVITY:** *Culinary/Baking*

**OBJECTIVES:**

1. To see the correlation between a healthy mind and a healthy stomach.
2. To see the value of healthy residents in creating a healthy community.

**MATERIALS NEEDED:**

Hope Kitchen Recipes  
Cooking Ingredients  
Cooking Paraphernalia

**DYNAMICS:**

1. Group the children by threes.
2. Each group is given 40 minutes to prepare a certain dish, chosen by the jury, from the Hope Kitchen Cook Book.
3. After every group is done cooking, the judges will determine the winner of the cook fest. Criteria for judging should be explained to every group before the start of the contest.

**PROCESSING:**

1. Let us be reminded that our health is very valuable to us because only through being fit are we able to contribute to the community.
2. For a healthy community to function, the individuals who are involved in it must also reflect in their bodies the good health that they promote.
3. Health is not solely the absence of illness or sickness; it is a state of complete physical, mental and social well-being. – (WHO)

**GUIDE QUESTIONS:**

1. How well do you value your health?
2. What are the obstacles you’ve encountered that prevented you from achieving a healthy body?

**SUGGESTED PROGRAM FLOW:**

Time Duration	Activity
1 min	Opening Prayer
3 min	Attendance
5 min	Introduction of the Activity
40 min	Cooking Session
10 min	Judging
5 min	Awarding
5 min	Sharing
10 min	Processing
10 min	Snacks
1 min	Closing Prayer

## V. BREAKING BORDERS

*"It's believing in those dreams and facing our fears head on that allows us to live our lives beyond our limits." – Amy Purdy*

**TYPE OF ACTIVITY:** *Fun and Games (Obstacle Course Game)*

**OBJECTIVES:**

1. To see the value of exploration outside your comfort zone.
2. To be reminded that leaving your comfort zone will help you know your true potential.
3. To be reminded that going out of your comfort zone will help you discover your abilities in serving the communities.

**MATERIALS NEEDED:**

10 Tires  
Hula Hoop  
Cones  
Stakes  
Ball (Basketball/Volleyball)  
Rope

**DYNAMICS:**

1. Set up your obstacle course with enough room for the kids to move through safely. The easiest way to set it up, if you have the room, is in a straight line across the yard or in a large circle. You can also set it up in

stations but consider marking each one with a number so the kids know where to go next.

2. Set the tires slightly staggered, side by side for the kids to alternately step through. If you don't have tires, any circular will do.
3. Place stakes in the ground with rope strung across them to create an obstacle that you need to crawl under. Set up another one a few feet ahead that the kids have to jump over.
4. Hang a hula hoop from a branch. Swing it from side to side. When the child approaches it, he/she needs to throw a ball through it before moving to the next part of the course.
5. Place cones or stakes in the ground about 3 feet apart for the kids to zig-zag through.
6. Line the kids up in front of the start line and let them race through the course, finishing with a sprint to the finish line. The one with the fastest time to finish the entire course wins a prize.

**PROCESSING:**

1. You will never know your potential unless you leave your comfort zone.
2. Opportunities are rare if you don't learn to go out of your comfort zone.
3. Once you're given an opportunity, you should not let anxiety or your fears control your decision. Instead, you should take it.

**GUIDE QUESTIONS:**

1. How comfortable is your life?



2. What borders are you willing to break to make a change?

**SUGGESTED PROGRAM FLOW:**

Time Duration	Activity
1 min	Opening Prayer
3 min	Attendance
5 min	Introduction of the Activity
40 min	Obstacle Course Game
20 min	Sharing
10 min	Processing
10 min	Snacks
5 min	Announcements
1 min	Closing Prayer

## VI. LESS FOR SELF

*"Less for self, more for others..."*

**TYPE OF ACTIVITY:** *Fun and Games*

**OBJECTIVES:**

1. To know the value of sharing.
2. To see how much is willing to give for the benefit of the group.

**MATERIALS NEEDED:**

Start/Finish Lines  
Checkpoint Cones/Station Points  
Items List Written on Paper

**DYNAMICS:**

1. This is like a Scavenger's Hunt game. The goal of the team is to reach the finish line passing through each station point. Each station point has an equivalent toll.
2. On each station point is a folded piece of paper. Written on the paper are objects that the teams need to provide, e.g. belt, shoe lace, etc.

***Note: No borrowing from the other teams.***

3. Each team should have a runner. The runner collects what is required per station. His teammates have to provide all that is required in order to reach the finish line.
4. If the team is able to provide all that is required on the first checkpoint, they'll move on to the next

checkpoint. If not, they'll have to stay put on the same checkpoint.

5. The winning team is the group that has finished and moved through all the station points until the finish line.

#### **PROCESSING:**

1. Sacrificing a part of yourself is never easy at the start; but seeing the little parts that you give add up to reach a certain goal is rewarding not only to yourself but also to the team/community.
2. Those who have more should share more.
3. We need to learn to care for the world we live in, our environment, and the people around us.

#### **GUIDE QUESTIONS:**

1. What are your contributions to your family, school, and/or your community?
2. What do you plan to share that you currently have?

#### **SUGGESTED PROGRAM FLOW:**

Time Duration	Activity
1 min	Opening Prayer
3 min	Attendance
5 min	Introduction of the Activity
40 min	Fun and Games
15 min	Sharing
15 min	Processing
10 min	Snacks
1 min	Closing Prayer

## **VII. ABOVE AND BEYOND**

*"Teamwork divides the task and multiplies the success..."*

#### **TYPE OF ACTIVITY:** Sports

#### **OBJECTIVES:**

1. To establish sportsmanship.
2. To apply sport virtues in real life.
3. To be excellent in everything that you put yourself into.

#### **MATERIALS NEEDED:**

Sports Gear

#### **DYNAMICS:**

1. Group the children into teams, based on the number of individuals needed for a specific sport like volleyball or basketball.
2. Teach them warm up exercises/drills for about 10 minutes.
3. After the drills, let the games begin! The team who wins the games may be given a prize or they may give punishment to the losing team, like cleaning the facilities used during the games.

#### **PROCESSING:**

1. Giving our best in everything that we do will not hurt.
2. We should always give our 100% in all that we do.

3. Our skills and talents are gifts to us from the Almighty God.

**GUIDE QUESTIONS:**

1. What skills and talents would you like to share to the community? How do you plan to share these skills/talents to your classmates?
2. Do you believe that in playing sports, you could establish good relationship with the people in your community?
3. What character traits do you think will be built/strengthen during sports activities?

**SUGGESTED PROGRAM FLOW:**

Time Duration	Activity
1 min	Opening Prayer
3 min	Attendance
5 min	Introduction of the Activity
45 min	Sports Games
10 min	Sharing
10 min	Processing
10 min	Snacks
5 min	Announcements
1 min	Closing Prayer

## VIII. LEAVING A LEGACY

*"The great use of life is to spend it for something that will outlast it."* – William James

**TYPE OF ACTIVITY:** Letter Writing

**OBJECTIVES:**

1. To leave a personal imprint in the society that would outlast our stay.
2. To be remembered as a servant.
3. To live a game-changing life that will affect the lives of other people.

**MATERIALS NEEDED:**

Pen  
Paper

**DYNAMICS:**

1. Let the children think of a person who in some ways has inspired them or help them or someone they see as a role model.
2. After each has somebody in mind, ask them to write a letter to that person, including how they would emulate that him/her.

**PROCESSING:**

1. We should appreciate the opportunity of leaving a legacy in our communities.
2. We only live once. Everyone will eventually pass from this world. One of our goals should be to ensure

that what we have done by the time we leave is something that has changes for the better of our community.

**GUIDE QUESTIONS:**

1. Whose legacy inspired you?
2. What legacy would you like to leave?

**SUGGESTED PROGRAM FLOW:**

<b>Time Duration</b>	<b>Activity</b>
1 min	Opening Prayer
3 min	Attendance
5 min	Introduction of the Activity
45 min	Letter Writing
10 min	Sharing
10 min	Processing
10 min	Snacks
5 min	Announcements
1 min	Closing Prayer