

HERO FILES

We are all continually learning information about others. We file that information in an organized way in our brain to recall it later when we see that person again. We use this information to help us connect with others, think about what they would be interested in doing, and bring up topics they might like to talk about. We call this a People File!

Now let's put that People File concept to another use! Let's create HERO FILES! Many of us know people who help their community in lots of different ways. They might be doctors, nurses, scientists, grocery store clerks, delivery drivers, teachers, even your own parents! This is hard and difficult work, but *we have the power to impact their thoughts and feelings with our words and actions in an enormously positive way!* We can let them know how much we appreciate the work they're doing.

Step 1: Make a Hero File

- Think about someone you know who is helping during this time.
 - If you can't think of anyone on your own, ask someone you know if they can think of a helper or hero.
 - If you're really stuck, check out the Hero File below.
- Think about the job they do. What is important about that job? What is difficult about that job?

Step 2: Use the Hero File to Show your Appreciation

- Think about what you could say/write to give that person positive thoughts and feelings.
- Organize that information into a drawing or thank you note to show them your gratitude.

Step 3: Send it!

- Once you've finished, email* them your note or drawing! Think about what their thoughts and feelings may be now that they've seen your picture or read your words of appreciation and encouragement.



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Example Hero Files

Name	Occupation	Home	How They are Helping
Margo	Nurse	Indiana	She was working at pediatric hospital, but got moved into the COVID19 unit at the nearby adult hospital
Margo's Thoughts and Feelings based on the Hero File:		Thoughts: She misses working with kids. She is doing something out of her comfort zone and she is worried about the people she normally works with. It is overwhelming to work with new people.	Feelings: sad, stressed, depressed, worried, tired
<p>Note for Margo:</p> <p>Dear Margo,</p> <p>Thank you for stepping up and persisting with helping out in the hospital by stepping out of your comfort zone and being awesome. We appreciate your work very much. It must be hard for you to make such a big change, but you're doing a really good job! Stay strong and hang in there!</p> <p>From, JD and SC</p>			
Margo's Thoughts and Feelings after reading your note:		Thoughts: Wow! That was so nice of them! This really lifted my spirits! This really did make me feel better.	Feelings: appreciated, happy, comforted, re-energized



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Name	Occupation	Home	How They are Helping
_____'s Thoughts and Feelings based on the Hero File:		Thoughts:	Feelings:
Note for _____:			
_____'s Thoughts and Feelings after reading your note:		Thoughts:	Feelings:

*Note to Parents & Professionals: Our research tells us the best method to send these notes is electronically. Hospitals and grocery stores do not have the capacity to process large amounts of mail at the moment and have asked that people do not send physical cards. Instead check out your local grocery store or hospital's social media page and post the notes there. You can also search online and find other electronic ways to share your gestures of appreciation.