

Student's Journal

Student Name: _____

Date: _____

Task 1 || The Road to Heroism (1 person Team)

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

Sr. No.	Question	My Response
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 (1 person Team)

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

Sr. No.	Question	My Response
1	How did you feel after doing this exercise?	
2	How can performing this exercise on a daily basis improve your wellbeing?	