

Inner Hero and Villain Scenarios 1/2



Teacher Reference	Scenarios
Nutrition (Hero)	Bringing a healthy lunch to school, choosing to eat fruits and veggies as snacks, drinking enough water throughout the day.
Nutrition (Villain)	Eating junk food for every meal, skipping meals, overeating or binge eating.
Mindfulness (Hero)	Taking a few minutes to meditate or breathe deeply when feeling stressed or overwhelmed, going for a mindful walk, taking a break from social media when feeling anxious.
Mindfulness (Villain)	Getting caught up in negative thoughts, constantly multitasking and not allowing yourself to fully focus on one task at a time, not taking breaks or giving yourself time to recharge.
Movement and Recovery (Hero)	Participating in sports or physical activity regularly, taking the stairs instead of the elevator, stretching before and after exercise.
Movement and Recovery (Villain)	Sitting for long periods of time without moving, avoiding physical activity altogether, not getting enough exercise or movement in one's day.
Movement and Recovery (Hero)	Prioritising sleep and making sure to get at least 8 hours a night, taking breaks when feeling burnt out or overwhelmed, hydrating properly throughout the day.
Movement and Recovery (Hero)	Not allowing yourself to rest or recover properly, consuming too much caffeine or energy drinks, neglecting your physical and mental health needs.

Inner Hero and Villain Scenarios 2/2



Teacher Reference	Scenarios
Social/School/Other (Hero)	Going for a morning walk or run before school to clear your mind and start the day feeling refreshed and energised.
Social/School/Other (Hero)	Helping a friend who is struggling with a difficult problem or situation, even if it means sacrificing your own time or energy.
Social/School/Other (Hero)	Studying hard for a test or exam and doing your best to prepare, even if it requires extra effort or focus.
Social/School/Other (Hero)	Speaking up for someone who is being bullied or mistreated, even if it means standing up to a group of people or risking your own popularity.
Social/School/Other (Villain)	Ignoring or excluding someone who is different from you or doesn't fit in with your friend group, even though it may be hurtful and unkind.
Social/School/Other (Villain)	Skipping class or not completing assignments, even though you know it will negatively affect your grades and future opportunities.
Social/School/Other (Villain)	Participating in or encouraging gossip or rumours about someone, even though it may hurt their feelings or reputation.
Social/School/Other (Villain)	Cheating on a test or assignment, even though it is dishonest and goes against academic integrity.