

Hallway Heroes Respons

-O, Fifth Grade

- One of my favorite stories is “The Bionic Woman Is Black” and the other story is “The Smile that Beat the Bully” because they both teach a very valuable lesson. Another reason I like “The Bionic Woman Is Black” because she didn’t get a part because she had dark skin and that made her sad then later on she forgave herself for having dark skin. That didn’t stop her from achieving another goal and that goal was being a public speaker and she talks to young girls. The reason I like “The Smile that Beat the Bully” is because the act of kindness can almost change anyone when Jennifer kept on smiling at Rosalie, one day she smiled back. Also another reason is that one smile can beat the bully and make them better in side.
- What I learn from “The Bionic Woman is Black” is that you should always accept who you are and you shouldn’t feel bad about it. Because in the story is said that she was anger at her dark skin but later she forgave herself for being mad at her dark skin. You should never be ashamed of who you are and who your character is in the inside and outside. What I learn from “The Smile that Beat the Bully” is that kindness is very strong and that can almost stop some people being mean like a bully. When she kept on smiling at Rosalie I think that made her feel better because no has ever been nice to her before. Kindness is a very powerful thing in life and when you treat someone with kindness you can change them from being mean to being nice.
- What respect means to me is that you are listening to that person without interrupting that person and not listening to them. I think that because when you are paying attention to that person they know that you are listening to that person. I also know this because when you disrespect someone you are not paying attention to them.
- What tolerance means to me is that you are giving your time and your attention to that person who is doing something. I know this because I always give up my time to help one of my parents or someone related to me and I always listen to them when they are telling me something. Also because you are listening to them and you are giving them your intention.
- What compassion means to me is that you are feeling someone else pain or also known as empathy. I know this because I have felt compassion before when someone is laughing and to me that is what it means. I also know this because empathy and compassion for me means the same thing because they both mean to feel someone else's emotions.
- The best part of Hallway Heroes is that I know ways how to get rid of bullies now because when I was little it was hard for me. I also know that many famous people have been through the same torturement like me and they found ways to get rid of them. I like how most of the lesson that we have done have taught me that the act of kindness is a very powerful thing to get rid of the bully. The book has taught me how to stick up for someone who is being bullied and I can tell them how to get rid of them. This book has taught me a lot of stuff like that I should be nice to people that are mean to me and that if I treat the bully with kindness I can make them feel better about themselves. The lesson that we have done have been fun and have been a fun experiments with this program.

My Response to Hallway Heroes

-A, Fifth Grade

Chicken Soup for the Soul 'Be the Best you Can Be' is a great book and to me it can be very hard to choose a favorite.

Luckily I think I know the one, I think the story I liked the most was find yourself a dream. This story shows you the lesson great lesson. The lesson is that you should never give up. The obstacles to get to your dream shouldn't matter. Even if you were at the top and you need to start from the bottom up don't be arrogant and say I'm too good for that. Just start from the bottom and soon with hard work you'll possibly get a job beyond what your dream was.

Tolerance to me is a measurement of how much you can cope with someone\something. Tolerance is also something that is essential to anyone. If you can't even tolerate the slightest thing then that is a real problem. If you have no tolerance it means that no one would really want to be your friend and when you grow up no one would want to hire you. So to be able to have tolerance is something that you need if you want to survive in this world.

Respect means to me treat someone who did nothing wrong the way they should be treated. Respect is also very essential to survive in this world. It's the same with tolerance no one will like you and no one will want to hire you when you're older. So treating someone like you would want to be treated is really what respect is. Some people don't have very much respect and those people are basically bullies.

Compassion means to have sympathy and actually help someone who is hurt physically or emotionally. Compassion is completely optional. You don't have to help someone but you should. Compassion is pretty much essential but many people were successful without being nice but can you really live with yourself if you're selfish. If your selfish many (logical) people will not like you and you will not have many friends. So be compassionate and help and care for people who need it.

I think the best part of Chicken Soup for the Soul 'Be the Best You Can Be' are the many lessons you learn. It can tell kids that don't let someone take away your power. Don't let someone take away your innocence. Don't give up because it's challenging. All of these lessons and many more are great for kids to know so that kids don't grow up as indecent human beings.

So I believe that is the best part of Chicken Soup for the Soul 'Be the Best You Can Be'.

My Response to Hallway Heroes

- A, Fifth Grade

The story I liked the best was Flowers of Forgiveness because it taught me to forgive people for what they have done to you or people you care about. Like bullies they have a heart but they don't use their favorable emotions. If you can affect their hearts by inviting them to a party or some ice cream they will slowly get affected and it might take time. Remember they have a heart but they don't use that heart in a favorable way.

The important message this story taught me was believe in people even if there like the meanest people you have meat. They are nice but it doesn't seem like it. Maybe because no one has ever been nice to them at school that's why you need to make them feel you'r not mean but it's just your are not controlling you heart in a positive way.

What tolerance mean to me is the willing to help someone on a problem or something like that. For example, someone can't carry the box but you have the ability to carry that box. Also the meaning of respect is to give a positive attitude and don't blow on that person. Like if you have to stay in for recess don't say bad words. The meaning of compassion is to have respect and help others in need and any time. For example, if someone is trying to stand up and they are hurt you can help them stand up.

The best part about Chicken Soup for The Soul is that I learned a lot from it. It helped me learn how to become better in the inside. That's what really matters to me. Also the best part about Chicken Soup for The Soul is that it's good for little kids because they can become better in the future. They can have a life lesson. It makes people become better like others who have anger problem.

My Response to Hallway Heroes

-A, Fifth Grade

To start with, My favorite story was "Solving a Fifth Grade Problem." In my opinion, this story is my favorite because it really brings truth to whom you really are inside. The story, "Solving a Fifth Grade Problem" really helped me a lot for the past couple of months. It helped me by reminding me that I don't have to be shy or hide my true personality. For example, when you are down, not feeling very well, or you don't have any courage, you can ask yourself, "Am I who I really am?" if not, believe in yourself, have a strong conviction. I believe that having a strong conviction can help each of us all by, like I have said before, reminding us to be true to yourself.

An important lesson I learned was to be myself always and not copy someone else's personality. I learned that being yourself is very important for your future generations. In my opinion, I think that everyone is who they are and no one can or should change them. Everyone should always remember to be true to their own personality.

In my opinion, tolerance means to have empathy. I also think that it means to have a strong belief in others. On the other hand, I think respect means to respect others no matter how they act or how they look. I also think being respectful is important. My thoughts about what compassion means were about how everyone should have a compassionate heart, always.

I believe that the best part about using Chicken Soup for the Soul 'Be the Best You Can Be' is all the stories that kids have wrote and that are inspiring for kids that needs to be inspired. Another part that has been the best part from this book is all the kids that tell others about their bullying experience and how they solved it. I think that having confidence means that you're not afraid to have a voice and to stand up for what's right. For example, Dr. Martin Luther King Jr., he had a voice and he stood up for what's right which was standing up against racism. I think that doing what's right is important for each one of us. In my opinion, I also think, "Our class pledges to engage in courageous conversations with confidence while opening people's hearts. We will do so by being caring, courteous, respectful, and demonstrating integrity." this line is my 'Classroom Respect Pledge 2015-2016.' This line would always remind our classroom to have respect and to do the right things. As a result, these were my thoughts about using Chicken Soup for the Soul 'Be the Best You Can Be.'

My Response to Hallway Heros

-C, Fifth Grade

The story that I liked best was, "My sister My Hero." I think, "My sister My Hero" is the best story in my opinion because it is so interesting and also sad at the same time. Because Theresa died in the end of the story. I also think it is interesting because the girl that was Theresa's friend never knew that her own sister was her true hero. I liked this story because I learned how to not be the one that is mean but be the one that is kind to others. Because than you feel so good. That is why I liked the story, "My sister My Hero."

The important lesson the story taught me was to not judge a person by their appearance, you should judge them of how they act or how they are in the inside. I think this important because some people in the world don't have any friends because people judge them of how they look like. Like what people say don't judge a book by it's cover. This is also important because you will feel good if you are good to others. This is the important lesson that I learned.

To me, tolerance means to not let someone feel left out. You need to care about others because not everything is about you. It also means to me to try to feel what other people are feeling. To me tolerance also means to me to care about others. This is what tolerance means to me.

Respect means to me to pay attention the a person that is talking or doing other stuff. This is important because it is rude to not respect others. It is also important because, like I said you feel nice when you are nice to others. Respect also means to me to honor others. This is what respect means to me.

Compassion means to me to help others that are suffering, feel more better. It also means to me that you are a good person because you care for others and not just yourself. It is also important because like I said a thousand times you feel good when you are good to others. This is what compassion means to me.

The best part about using Chicken Soup for the Soul was sharing our feeling. I also liked that we learned about different bullying behaviors that we should not be. I think it is important to share your feelings. I also think it is important to try to feel what others are feelings. This is what the best part about using Chicken Soup for the Soul was for me.

My Response to Hallway Heros

-B, Fifth Grade

1. "My Sister, My Hero" was my favorite because it reminded me of my brother and I. For instance my older brother is like the older sister (Janelle) in the story. She was a good friend like my brother when I hear my brother on the PS4 talking to his friends. All the time I hear him and his friends laughing. I really look up to him as a brother and good friend to others.
2. The story taught me always be a friend to others, and stand up for others. For instance, Janelle stood up and was Theresa's friend, and that made Jill (main character) really look up to Janelle for how friendly she was to Theresa.
3. **Tolerance** means to me you don't get mad easily at something. For instance when someone is annoying or a bully. If you had tolerance this would be an example, say if a bully walks up to you and starts saying, "You stink," you wouldn't get mad and go up to the the bully and punch him. If you had **tolerance** you would ignore the bully.
4. **Respect** means to me listening to your teacher, parents, guardians, friends, family, and to someone who is talking. Also it means to not disrespect someone's property, graffiti on a wall, and to take your hat off during an important thing (during the pledge of allegiance, or in class unless you have permission.)
5. **Compassion** means to me understanding someone's feelings and **respecting** their feelings. Also how to react to someone who is hurt and comfort them. For example, say if you were walking around at recess and you saw someone who is lonely if you had **compassion** you would go up to that student/person and cheer them up.
6. The best part of using 'Hallway Heros' Chicken Soup for the Soul was, learning about some friendship stories and sometimes anti bullying stories. Also responding to the stories and doing activities. That was my favorite part about Chicken Soup.

My Response to Hallway Heroes

-V, Fifth Grade

- My favorite stories from "Be the Best You Can Be" are "Flowers of Forgiveness" and "My Sister, My Hero". Those are my favorite stories because in both of the stories they figured out the problem of bullying behaviors. In "Flowers of Forgiveness" I liked that Brittany gave flowers to Jessica because she forgave what Jessica did to her. And because in "My sister, My hero" there was an upstander for Theresa that had a special illness. The older sister Janelle she helped Theresa by being her only friend. That's why I like both of these stories I think they're nice and kind.
- "Flowers of Forgiveness" taught me that you don't have to be mean just with a smile or flowers you can turn a bully into a good friend. I put in these words "Flowers or a simple smile can turn your heart warm instead of having a black heart." "My sister, My hero" taught me that "you have to accept people how they are or you'll miss the best adventure of all".
- Tolerance to me means that "you have to accept people the way they are" if they're different that's good so you can take a wild ride with them and learn new things about them". Tolerance to me means accept people the way they are"
- Respect to me means that "You admire someone or something for their abilities for their accomplishments or something they're happy about". That's what respect means to me, What does Respect mean to you?
- Compassion to me means that you take action and be an upstander, in other words it also means that it helps you relieve the pain you have about someone or something. Isn't that a wonderful meaning?
- The best thing about using "Chicken Soup for the Soul" is it teaches you a lesson it makes you want to think is this right. It makes you want to be inspired to do something. All the stories teach you lessons you always walk away from a story with a smile on your face. It also helps you want to read more it helps you express yourself more with books. All the questions they ask you in Hallway Hero really opens your heart to a new world. Because while you're writing you're in an adventure thinking about the books. Hallway Heroes inspires me to do new things. What do you like about Hallway Heroes? because in my point of view I love it because it helps me be more expressive.

My Response to Hallway Heroes

-V, Fifth Grade

Based on what I read my favorite story is the 'The Slam Book' because the effort to stop something that is bad is amazing. Sometimes you just have to get in the process of 'Growing a Spine'. I also liked 'Growing a Spine' because it's hard when you are peer pressured, it's like you can't 'Find yourself a dream'. Lastly my other favorite story is 'Find yourself a dream' because it's someone who faced an obstacle, someone who had a dream.

The important lesson, or message in the Chicken Soup for the Soul lesson I learned was there is no reason why you should hurt someone. I also learned that words leave marks. Lastly, I learned that everyone has emotions. That's what makes us, us. Treat **EVERYONE** with respect.

According to what I learned through these few months I learned that tolerance is acceptance to everyone. Boy, girl, adult, and baby. Tolerance reminds me of the ying and yang symbol.

From everything I learned, I mostly learned about respect. Respect to me is the whole world. Without respect we would all get in fights. It wouldn't be happy anymore, the world wouldn't be happy.

Compassion is a word that can touch everyone's heart. It's what makes people help other people. In my opinion it's a strong word.

My response to hallway heros

-T, Fifth Grade

1. I liked the story find yourself a dream because it showed me that you should never let go of your dreams. If you persevere through the challenges you can accomplish your dream. Bob accomplished his goal but at the age 45 but still he grabbed his goal and held on to it.
2. The important lesson I learned is that dreams are priceless and you have to work for it, persevere for your dream, and be intelligent for your dream. This story also taught me that the most biggest dream can be accomplished. With a single person this person must have perseverance,Intelligence,and must work for it.
3. Tolerance to me means to withstand something like in the slam book but in this book she could not contain tolerance. She could not tolerate the words people were saying. But if she was more like a bully (which she is not) she would be able to tolerate such words.
4. Respect means having he/she absolute honor. It also mean's having a friend.It mean's having a frind because a real friend respects yu but a fake friend makes fun of you and try's to escape it by saying "just kidding."
5. Compassion means sympathetic pity and concern for the sufferings or misfortunes of others ,Victim's should be treated with care or concern because they were hurt.
6. The best part about using chicken soup for the soul be the best you can be. Has been learning that deep inside you you can be the best you can. It has never been seen by mankind because there is no limit in what you can be. An astronaut can go to the moon. As so he/she can go to mars.

My Response to Hallway Heroes

-S, Fifth Grade

- 1. Some of the stories I liked in Hallway Heroes are "Flowers of Forgiveness" and "The Smile that Beat the Bully". One reason I liked Flowers of Forgiveness is it heartfelt emotions in it. Another reason I liked it is because it showed determination along the way to befriend the bully. One reason I like The Smile that Beat the Bully is because it shows that a little thing can go a long way. Another reason I liked it is it showed that a smile that can beat the littlest bully. Those are the reasons I liked those stories.*
- 2. The important theme the stories taught me to stick up for yourself and to never give up. For instance, The Smile that Beat the Bully showed me to stick up for myself even when it seems impossible to do, just stick up for yourself and you'll be fine.*
- 3. What tolerance means to me is to have a feeling of something that you care about. What tolerance also means is that you have your own beliefs and habits. That's what tolerance means to me.*
- 4. What respect means to me is that you have to treat people how they want to be treated. Another way that respect means to me is that you have to respect people's privacy and give them space when they need it.*
- 5. What compassion means to me is that you can be kind to people when they need the comfort. Another reason compassion means to me is that you can hug them and give them time to think to hug you back.*
- 6. The best part of hallway heroes is you get to learn about all the different types of stories people have about bullying problems. Another reason that Hallway Heroes has been a good program is that it teaches you how to stand up for yourself and be an upstander for others. One last reason I like it is that it has a lot of emotional stories like my Sister my Hero, and It also has a lot of lessons that teach you how to be a better person. Those are just some of the reasons I liked the Hallway Heroes Program. It's been a great experience. Thank you for the opportunity.*

Thank You All

My Response to Hallway Heroes

-M, Fifth Grade

- My first story is The Smile that beat the Bully. I say this because it shows to not be afraid to stand up for someone but to be brave. My next story that I liked is Flowers of Forgiveness. The story told me forgive if it wasn't a big deal. Or don't make a mountain over a molehill. This books showed me to be brave, and to forgive if it wasn't a big deal.
- The message is to not be afraid. Like I said In The Smile that Beat the Bully is to not be afraid but to be brave. In Flowers of Forgiveness it showed me to be forgiven by the person who bullied me. If it wasn't a big deal.
- I think respect means to understand a person's idea. I say this because they might say a thought that meant a lot. A person's idea or where they come from too. It means alot to respect, and it is part of your life.
- The best part of using Chicken Soup for the Soul be the Best that you can be is to learn other people's points of views. I say this because you can learn a lot from other people, and put it in you life. I learned a lot by having bravery and having tolerance by reading out to the class. I want to change a bully's life by smiling or by giving forgiveness. One of the best parts is by spending time with my friend Julianne. I say this because she taught me and made me understand of hard words. She had respect in her and kindness.
- For me tolerance means to do something brave. I say this because tolerance has happen a lot to me in this types of days. For example I had tolerance by reading important facts about my family and I to the class.
- I think being compassion is by putting yourself on other people's shoes. I say this because, you can understand what is going on in their life.

My Response to Hallway Heroes

-K, Fifth Grade

The story I liked the best was "Find Yourself a Dream". I liked this story the best because Bob never gave up getting the money he needed to support his family, Financially and getting their needs. Also because Bob was not a quitter he was desperate to earn money. He worked on a plantation, he earned \$2.00 to \$3.00 a day. He wasn't forced to work there, but he wanted and needed the money. Bob's dream was to be a public speaker. The problem was he couldn't, he had a stutter problem when he talked. Sooner he became a hard working man, his boss wanted to help by paying for him to go to a talking therapist. Later on in life he became a public spokesman. His disability was cured. The lesson I learned was never to give up.

Tolerance- The belief that you have of others, even if they are different from ours.

Respect- Being generous and having care of others, like when someone is talking you shouldn't talk. That's an example of respect.

Compassion- A response to suffering that begins with empathy and concern, it motivates us to take action, and help relieve that suffering.

The best part of using Chicken soup for the soul is, learning more ways to handle bullying. If we didn't do this we wouldn't have more ways to handle bullying. Another best part is bully proofing. Nobody like to get bullied. And nobody wants bullying. If you or a friend needs help tell an adult.

My Response to Hallway Heroes

-G, Fifth Grade

1.) What story(s) did you like the best and why?

- I liked the story My Sister, My Hero. In my opinion, I think the story was a great story. I think that the story was touching because I personally like how the older sister, Janelle, cared and was friendly to Theresa. I guess I like the story because Theresa is this girl who wears diapers because she has a health problem but she's nice. There's Janelle who cared about Theresa and was friendly to her. And there's Jill. Jill didn't know about Theresa's illness. And she got bullied for having a sister that's friends with a Theresa and for hanging out with Janelle and Theresa.

2.) What lesson, message or theme did the story(s) teach you?

- The story My Sister, My Hero taught me to actually learn about a person's personality before judging them. For example, if you judge someone for wearing diapers because of an illness, you don't actually know who the person you're judging is. I mean, who knows, the person you're judging might be a really nice guy/gal.

3.) What does TOLERANCE mean to you?

- Tolerance means is to do something very willingly. For example, someone just got his/her allowance. He/her was talking his/her daily morning walk. He/she walked by a homeless child that is hungry and cold. He/she is willing to give half his/her allowance to the homeless child.

4.) What does RESPECT mean to you?

- Respect means that you treat that person like they're your parents. You talk to the person (that you treat with respect) with manner. When you ask them for something you say please and thank you. When you treat someone with respect, you don't ignore them when they're talking and you don't talk over them. In my opinion, when someone is respectful, they treat everyone the same - they treat everyone like they're older than you.

5.) What does COMPASSION mean to you?

- Compassion means that you have sympathy for others' pain. For example, someone is crying because they got hurt. You know how that feels because you've been in their shoes.

6.) What has been the best part of using Chicken Soup for the Soul - Be the Best You Can Be ?

- In my opinion, the best part of using Chicken Soup for the Soul is the fact that it helps people - men, women and child - prevent and stop bullying.

Another great thing about Chicken Soup for the Soul is that there are a lot of very inspiring stories. These stories INSPIRED me to be nice, friendly, generous and respectful.

In my opinion, I think another great thing about Chicken Soup for the Soul is that these stories make you think about the bully and victim situation. However, people don't always think about the bully, they don't think about the bully's feelings and they don't think about the bully's experience - maybe the BULLY got BULLIED before. Who knows? The bully may have been a victim once. In my opinion, I DON'T LIKE it when people don't think about the bully, how people judge the bully by it's cover.