

SMART™ Lesson

Myths and Legends

Myths and legends are stories that were created a long time ago, often to explain why things are the way they are or to teach important lessons. People around the world have always loved to tell these kinds of stories, and many of them have been passed down through generations. Myths and legends are usually told orally, which means they are spoken rather than written down. Some famous myths and legends include the story of King Arthur and his Knights of the Round Table, the Greek myth of Pandora's Box, and the Norse legend of Thor and his hammer.

What's the Difference Between a Myth and a Legend?

Myths and legends are similar in many ways, but there are a few key differences between them. Myths usually involve gods or goddesses and explore big questions about the world and human existence. Legends are more focused on human heroes and their adventures. Both myths and legends are often based on some kind of truth, but they may be exaggerated or changed over time through retelling.

Common Themes

Even though myths and legends come from many different cultures and time periods, there are some common themes that you might notice. Some of these include:

- Creation stories that explain how the world and people were made
- Tales of heroic figures who overcome great obstacles to achieve their goals
- Stories about the afterlife and what happens to people after they die
- Lessons about morality and how to live a good life

Discussion Questions

1. Can you think of any myths or legends that you have heard before? What were they about?
2. What do you think makes myths and legends so popular?
3. Do you have a favorite myth or legend? Why do you like it?
4. Do you think myths and legends can teach us important lessons? Give an example.
5. What is your favorite story or book? How is it similar or different from a myth or legend?

