

# SMART™ Lesson

## Understanding the Hero's Journey

Folktales, myths, and legends are stories passed down from generation to generation that often incorporate fantastical or supernatural elements. These stories often feature a hero who goes on a journey or quest to achieve a goal. This hero's journey typically includes common stages or steps outlined in what is known as the hero's journey model.

### The Hero's Journey Model

The hero's journey model consists of twelve stages or steps that a hero typically goes through in their journey:

1. The Ordinary World: The hero's life before the adventure begins.
2. The Call to Adventure: Something disrupts the hero's normal life and presents a challenge or quest.
3. Refusal of the Call: The hero initially rejects the challenge or quest.
4. Meeting with the Mentor: The hero encounters a mentor or guide who advises and prepares them for the journey.
5. Crossing the Threshold: The hero officially begins the journey, leaving their ordinary world behind.
6. Tests, Allies, and Enemies: The hero faces challenges, makes new friends, and confronts enemies.
7. Approach to the Inmost Cave: The hero approaches their biggest challenge, culminating to the climax of the story.
8. Ordeal: The hero faces their greatest challenge and undergoes a transformation.
9. Reward: The hero achieves the goal, receives a reward, or gains insight.
10. The Road Back: The hero begins to journey back to their ordinary world.
11. Resurrection: In some stories, the hero faces one more challenge and is "reborn" or changed.
12. Return with the Elixir: The hero returns to their ordinary world with the reward, insight, or newfound knowledge.

### Worksheet Questions

1. What is the hero's journey model?
2. How many stages are in the hero's journey model?
3. What is the "ordinary world" stage of the hero's journey?
4. What happens in the "approach to the inmost cave" stage of the hero's journey?
5. What typically happens at the "resurrection" stage of the hero's journey?
6. Can you name a folk tale, myth, or legend that follows the hero's journey model?

