

Welcome to

HERO Generation

This year, Plasticity Labs is happy to be partnering with your school as part of HERO Generation. What is HERO Generation? These are social-emotional traits that, when practiced, increase happiness and performance. HERO Traits are: Hope, Efficacy, Resilience, Optimism, Gratitude, Empathy and Mindfulness. This project will encourage and foster the HERO Traits in our classes throughout the year.

Waterloo Region District School Board (WRDSB) is committed to creating safe and inclusive spaces that encourage positive mental health and well-being. Research tells us that student well-being is important to learning and success. HERO Generation is one tool to help us support safe and high performing school environments. But it's more than that. We believe that students will bring home their HERO Generation teachings, helping to create healthier and happier communities.

By engaging with students, and linking HERO Traits to existing curriculum, HERO Generation will support the best possible opportunity for children to succeed in school and beyond.

"At WRDSB, student and staff well-being are top priorities. Evidence shows a connection between student success, well-being, and happiness.

This, coupled with a commitment to raise resilient and engaged students, makes our partnership with Plasticity timely and relevant.

We're excited to see how the HERO Traits play out in schools and in participants' individual learning journeys."

- John Bryant, Director of Education,
Waterloo Region District School Board



They are really fun and I like that it teaches you about different ways to improve at school and everywhere. They make me excited to come to school every day.

- Grade 4 Student

// It helps students learn the importance of HERO/GEM traits early on to promote positive social development and peer relationships - it teaches our kids to be kind! //

- Teacher

79%

of students in Grades 1-7 said the program helped them out at home

87%

of students in Grades 1-7 said the program helped them out at school

73%

of parents believe it has created some common language between school and home life

76%

of parents believe it had a positive impact on their child

They are amazing they help me, my family, my friends, my school, and the world be a happier place then it was a year back.

- Grade 4 Student

// My kids have struggled with fitting in previously, and this platform has allowed us to have discussions about positive character traits, how this affects them at school, how they can behave differently with others. //

- Parent



Learn more about HERO Generation™

plasticitylabs.com/hero