



The Seymore D' Fair Foundation, Inc.

Seymore's Heroes

fact sheet

Who are Seymore's Heroes?

Seymore's Heroes are students who possess great character, strength, and ability. They are admired by their family, friends, and the community for their achievements, and they possess noble qualities. Most of all they are someone who shows great courage, and they understand the simple difference between right and wrong.

The five traits of a Seymore Hero

Being a Seymore Hero is unselfishly doing the best you can in a time of need. Heroes are always prepared to take action when the time is right through;

- Knowledge and Understanding
- Caring and Compassion
- Interacting and Teamwork
- Motivation and Inspiration
- Sacrifice

Heroes learn from their schools and community.

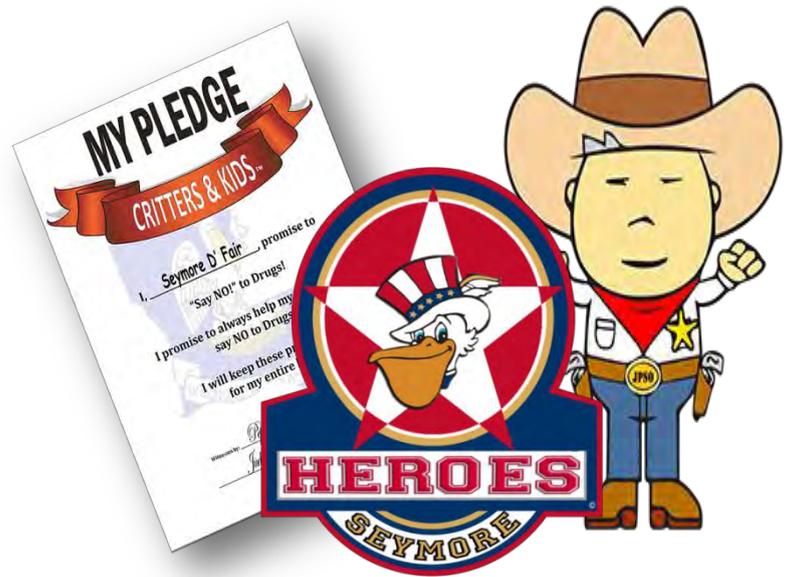
One thing heroes have in common is they value school and understand their family, friends, and world around them. Their learning also involves learning from the neighborhoods they live in and communities where they grow up. Heroes are always open to hearing those around them as they share ambitions and dreams.

Heroes practice at caring for others.

The main difference between a hero and a villain is their care and concern for others. Putting family and friends needs before their own is humbling and requires conscious effort. The more they practice having kindness and consideration the better they will get at becoming a real hero. Heroes start small by putting themselves in simple places to serve, and they keep their eyes open for opportunities to help others.

Heroes become leaders at sharing ideas and working together.

Rarely do heroes accomplish anything significant by themselves. Like tackling school projects and playing sports, heroes understand the value of teamwork. Together, heroes accomplish much more than they would have if they tried alone. Building powerful friendships go a long way towards becoming a hero.



Heroes find Inspiration by studying their heroes.

All heroes learn from experiences and wisdom of others, and often their inspiration comes from other heroes. Many times inspiration comes from siblings, parents, teachers, coaches, and other mentors who encouraged them to be bold and take action. Learning from other's successes and failures and being inspired by their efforts is necessary for remaining strong when life becomes challenging.

Heroes have a strong commitment that requires sacrifice.

The major difference between a selfish person and hero is their conscious effort to give up something so that others can be better off. To be a hero you may have to risk losing your free time, popularity, and your comfort zone. You are going to have to give up something personal to achieve something greater. What makes a hero different than the average person is they value their goals, and they are determined to reach them regardless of the sacrifice.

What is expected of Seymore's Heroes?

- Courage. Courage and bravery leap to mind first when we think of heroism
- Selflessness. True leaders always puts others first
- Humility
- Patience

How can I get more information?

Telephone: 1-225-435-9819

Email: champions@seymoresfoundation.org

Online: www.seymoresfoundation.org