Introduction
Could teaching boys about newness and uncertainty encourage them to value the experience of challenge? The objective of the Everyday Hero program was to encourage boys to be their own hero and dare to take the initiative when feeling unsure.

Research Context and Participants
The research participants were 19 seven to eight year old boys in my Year 3 Form Class at Dulwich Prep London. The project took place in the first term of the school year when the boys were adapting to new teachers, new friends and new learning.

The Research Action
- Dialogue about learning experiences
- Permission to make mistakes
- Structured Reflection
- Community of Encouragement

Research Question
How might an Everyday Hero program encourage Year 3 boys to respond courageously to new and uncertain situations?

Data Collection and Analysis
The boys were given Pre and Post Programme Adaptability Questionnaires. A variety of qualitative data were collected and scrutinized for key learning moments as well as patterns in responses. These were categorized into groups which were then organized into a framework of key findings.

Key Findings and Discussion
The findings suggested that elements of the program contributed to the boys responding positively when faced with uncertain situations.
- The Learning Pit was a powerful vehicle for discussing uncomfortable feelings around challenge.
- Open dialogue about experiences appeared to strengthen a feeling of trust within the classroom which was boosted further by the boys encouraging one another.
- Having permission to make mistakes meant failure seemed to be less of a worry and the boys were more willing to take a risk or persevere when things were difficult.
- Although most of the boys viewed this as a positive, adaptable response to uncertainty, they differed in their attitude towards whether courage could be learned or not. This indicates an interesting direction for future research cycles.

Key Readings

Conclusions
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Key Readings

Further Information
This poster and further information is available at http://www.theibsc.org/ Researcher’s Email: N.Fisher@dulwichpreplondon.org

Heroes of the Pit

Reflection
“I think we need to set new targets and have our weekly meetings again.”

Encouragement
“You learn to have courage by people encouraging you.”

Mistakes
“When we picked our target, I kept on remembering when I was doing it, it’s okay, we can make mistakes.”