



Memorial Day Honor a Fallen Hero

This Memorial Day, we challenge you to honor a fallen hero by celebrating their legacy through the act of remembrance. Start by visiting [Travis Manion Foundation's Fallen Heroes](#) page to learn about our nation's fallen service members and take a moment of silence to pay tribute to their legacy. Next, choose one or both of the following projects to complete in honor of the Fallen Hero of your choice.

Project #1: Design a Fallen Hero Poster

- a. You can create your poster by using the provided template, designing it by hand, or utilizing a computer for your design.

Project #2: Write a Letter to the Family of a Fallen Hero

- a. You can handwrite your letter and include drawings, or you can type it out on a computer. Lined paper is provided at the end of this packet. Please be sure to include the first and last name of the fallen hero you are honoring.
- b. Use any of the prompts below to inspire topics for your letter.
- c. Mail your letter to TMF and we will share it directly with the family of the fallen hero.

TMF Mailing Address: PO Box 1485 | Doylestown, PA 18901
c/o Fallen Hero Letter

We want to see the incredible work your students are doing! Snap a photo, tag @travismanionfoundation, and help us recognize their efforts while honoring our nation's heroes.

Letter Writing Suggestions

- Introduce yourself and share that you are learning about their fallen hero through Travis Manion Foundation's Fallen Heroes page. Please be sure to include the first and last name of the fallen hero you are honoring. Personalize your letter by including what city and state you reside in, your current grade, and a fun fact.
- Share that this Memorial Day, you chose to honor the legacy of their loved one and wanted to write a letter sharing your gratitude.
- Explain why you chose to learn about their hero in particular.
- Share some things that you and the Fallen Hero have in common. This can be a character strength you share, interests, hobbies, etc.
- Talk about a character strength that you think their Fallen Hero embodied. TMF Character Strengths and definitions can be found on the following page.
- Explain how you are going to put one character strength into action in honor of their loved one. For example:
 - I am going put the character strength of perseverance into action by practicing skills for my sports team.
 - I am going to show the character strength of love to my younger sibling by offering to play a game with them.
- Share with the family what the ethos "If Not Me, Then Who..." means to you.
- Thank the family for sharing about their loved one on Travis Manion Foundation's Fallen Heroes page!

Thank you for leading with your character strengths as you honor the legacy of a Fallen Hero and embody the "If Not Me, Then Who..." ethos.



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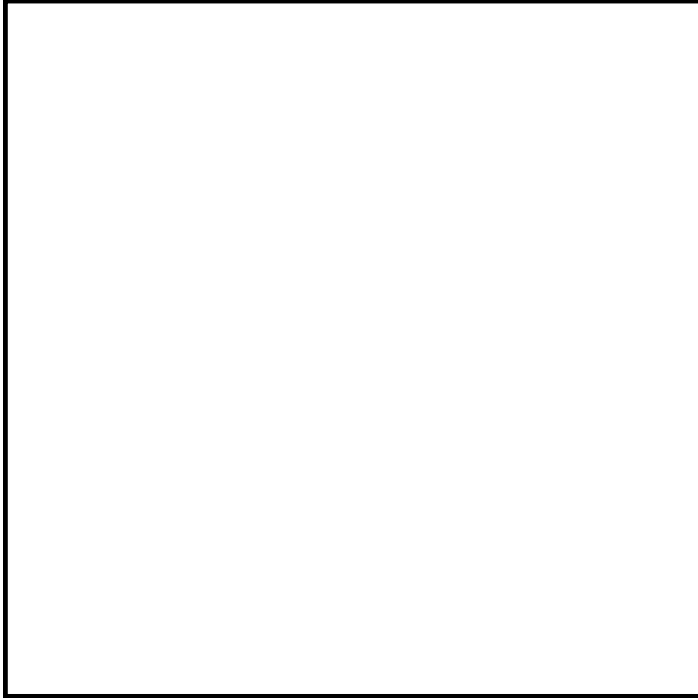
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TMF Character Strengths & Definitions

Strength	Definition
Appreciation of Beauty	Drawing inspiration from beauty and excellence
Bravery	Standing firm in a personal value, despite opposition
Creativity	Imagining new and unique ways of thinking or doing things
Curiosity	Being open to experience and knowledge
Fairness	Promoting justice and equality
Forgiveness	Being accepting of people's faults or mistakes
Gratitude	Being thankful for good things in life
Honesty	Being genuine and taking responsibility for one's actions
Hope	Expecting the best and working toward it
Humility	Being modest about one's own accomplishments
Humor	Enjoying making others smile or laugh
Judgment	Examining all sides of an issue before making a decision
Kindness	Taking care of others; being caring, generous, and considerate
Leadership	Motivating a group of people to achieve a goal
Love	Valuing individual relationships with others
Love of Learning	Always adding to one's knowledge and skills
Perseverance	Finishing what you started, despite obstacles and setbacks
Perspective	Having a thoughtful point of view that others seek out
Prudence	Considering outcomes and risks carefully before acting or speaking
Self Regulation	Being mindful of and responsible for one's own emotions and actions
Social Intelligence	Understanding what makes other people tick
Spirituality	Believing in one's purpose in life and place in the universe
Teamwork	Cooperating with others toward a common goal
Zest	Approaching life as an adventure with great enthusiasm



Fallen Hero Poster



This Memorial Day, I am honoring:

Branch:

One Interesting Fact:

Something I admire about this fallen hero is:

In honor of Memorial Day, I am going to strengthen my own character by:

To me, "If Not Me, Then Who..." means:



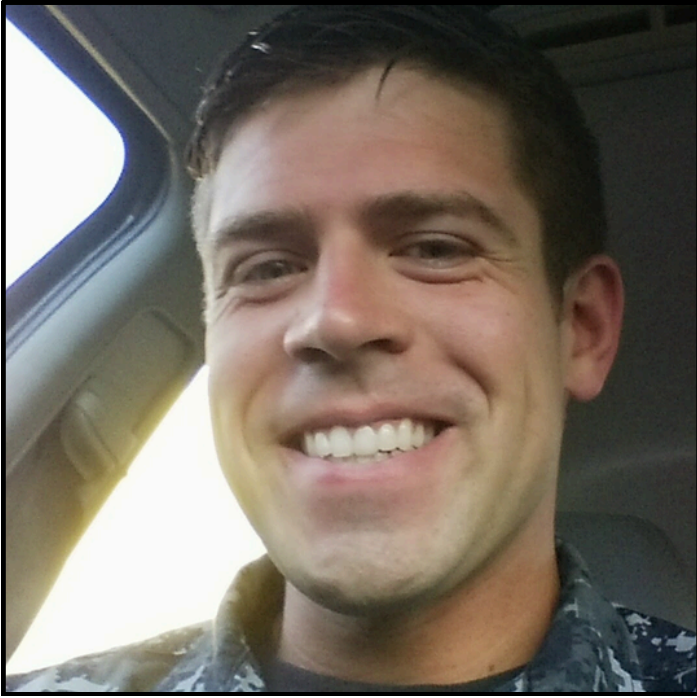
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Fallen Hero Poster (Example)



This Memorial Day, I am honoring:

Andrew Magee-Skinner

Branch:

United States Navy

One Interesting Fact:

Andrew loved hiking. He lived in Hawaii so

I am sure he had some beautiful

hiking adventures.

Something I admire about this fallen hero is:

I admire Andrew because he showed kindness and love by helping animals in need and volunteering his time at the SPCA. I also love dogs and think rescued is the best breed!

In honor of Memorial Day, I am going to strengthen my own character by:

In honor of Memorial Day, and Andrew, I am going to strengthen my own character by volunteering to walk a dog at my local pet rescue. Love and kindness are two of my strengths and I want to share that with the dogs who may be in need of some extra love.

To me, "If Not Me, Then Who..." means:

To me, "If Not Me, Then Who..." means showing kindness each day to those around me. It means holding the door for a stranger, smiling and saying hello to someone in my community when I am on a run, or offering a compliment to make someone's day.



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