Based on the video "The Hero's Journey" by Matthew Winkler, here is a handout and lesson activity designed to help high school students understand the concept of the hero's journey as described by Joseph Campbell.

**Handout: Understanding the Hero's Journey**

**The Hero's Journey Stages**

1. **Status Quo**: The hero's normal life before the adventure begins.
2. **Call to Adventure**: The hero receives a challenge or invitation.
3. **Assistance**: The hero receives help from a mentor or guide.
4. **Departure**: The hero leaves their ordinary world for a new, special world.
5. **Trials**: The hero faces challenges and tests.
6. **Approach**: The hero prepares for a major challenge.
7. **Crisis**: The hero faces their greatest fear or challenge, often experiencing a near-death experience.
8. **Treasure**: The hero gains a reward or achieves their goal.
9. **Result**: The outcome of the hero's actions in the special world.
10. **Return**: The hero returns to their ordinary world.
11. **New Life**: The hero has changed and grown from their experiences.
12. **Resolution**: All remaining issues are resolved, and the story concludes.

**Examples from Popular Culture**

* *Harry Potter*: Receives his letter to Hogwarts (Call to Adventure).
* *The Hunger Games*: Katniss volunteers as tribute (Call to Adventure).
* *The Lord of the Rings*: Frodo leaves the Shire (Departure).

**Lesson Activity: Mapping Your Own Hero's Journey**

**Objective**

Students will apply the stages of the hero's journey to a personal narrative or a fictional story of their creation.

**Instructions**

1. **Introduction (10 minutes)**
	* Review the stages of the hero's journey using the handout.
	* Discuss examples from popular books and movies.
2. **Activity (30 minutes)**
	* Ask students to think about a personal experience or create a fictional story that follows the stages of the hero's journey.
	* Provide them with a template to map out each stage of their journey.
3. **Sharing and Reflection (20 minutes)**
	* Have students share their journeys with a partner or small group.
	* Discuss how identifying these stages helps in understanding storytelling and character development.

**Template for Mapping**

* **Status Quo**:
* **Call to Adventure**:
* **Assistance**:
* **Departure**:
* **Trials**:
* **Approach**:
* **Crisis**:
* **Treasure**:
* **Result**:
* **Return**:
* **New Life**:
* **Resolution**:

This activity not only helps students understand narrative structure but also encourages them to reflect on personal growth and transformation through storytelling.

Source: [(86) The Hero's Journey according to Joseph Campbell - video by Matthew Winkler and Kirill Yeretsky - YouTube](https://www.youtube.com/watch?v=d1Zxt28ff-E)