

Copywork Lessons for



Future Heroes

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Reasons to Use Copywork

1. Copywork provides handwriting practice.
2. Copying words help many students learn proper spelling.
3. Replicating sentences indirectly introduces students to punctuation, usage, and grammar rules.
4. The ideas copied provide students with a proper diet for their minds—good and true things to ponder.
5. Students learn to pay attention to details as they transcribe the lessons.

How to Use These Lessons

This book contains 150 copywork lessons. Print pages 3-36, use a three hole punch to punch holes in them, and put them in a binder. Give your student a notebook and ask him to copy one lesson per day. Encourage him to use his best handwriting and to pay attention to every detail (every comma should be intact and every word should be spelled correctly).

Some of the selections in this book are long and include multiple lessons. The student should start at the beginning and stop at the asterisk (*). The next day he simply picks up where he left off and continues with the next lesson.

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Day 1

A hero is a man who does what he can. -Romain Rolland

Day 2

He has showed you, O man, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God. -Micah 6:8

Day 3

Talent is God-given. Be humble. Fame is man-given. Be grateful. Conceit is self-given. Be careful. -John Wooden

Day 4

Many of life's failures are people who did not realize how close they were to success when they gave up. -Thomas Edison

Day 5

Half a truth is often a great lie. -Benjamin Franklin

Days 6-7

*Josiah was eight years old when he became king, and he reigned in Jerusalem thirty-one years. His mother's name was Jedidah daughter of Adaiak; she was from Bozkath. * He did what was right in the eyes of the LORD and walked in all the ways of his father David, not turning aside to the right or to the left. -2 Kings 22:1-2*

Day 8

Money never made a man happy yet, nor will it. There is nothing in its nature to produce happiness. The more a man has, the more he wants. Instead of its filling a vacuum, it makes one.

-Ben Franklin

Day 9

Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can. As long as ever you can. -John Wesley

Day 10

My son, if sinners entice you, do not give in to them.

Proverbs 1:10

Day 11

A hero has faced it all: he need not be undefeated, but he must be undaunted. -Andrew Bernstein

Day 12

*There is no possession more valuable than a good and faithful friend.
-Socrates*

Day 13

Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best. -Henry Van Dyke

Days 14-21

If

*If you can keep your head when all about you
Are losing theirs and blaming it on you,*

*If you can trust yourself when all men doubt you,
But make allowance for their doubting too; **

*If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,*

Days 14-21 continued

Or being hated, don't give way to hating,

*And yet don't look too good, nor talk too wise: **

If you can dream - and not make dreams your master;

If you can think - and not make thoughts your aim;

If you can meet with Triumph and Disaster

*And treat those two impostors just the same; **

If you can bear to hear the truth you've spoken

Twisted by knaves to make a trap for fools,

Or watch the things you gave your life to, broken,

*And stoop and build 'em up with worn-out tools: **

If you can make one heap of all your winnings

And risk it on one turn of pitch-and-toss,

And lose, and start again at your beginnings

*And never breathe a word about your loss; **

If you can force your heart and nerve and sinew

To serve your turn long after they are gone,

And so hold on when there is nothing in you

*Except the Will which says to them: 'Hold on!' **

Days 14-21 continued

*If you can talk with crowds and keep your virtue,
Or walk with Kings - nor lose the common touch,
if neither foes nor loving friends can hurt you,
If all men count with you, but none too much; *
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!*

Rudyard Kipling

Day 22

With gratitude, all life appears as a blessing - without gratitude, all of life is perceived as a burden. -Jonathan Lockwood Huie

Day 23

Whatever you are, be a good one. -Abraham Lincoln

Day 24

*If you your lips would keep from slips,
Five things observe with care;
To whom you speak, of whom you speak,
And how, and when, and where.*

-W.E. Norris

Days 25-27

*Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. * Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. * Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.*

-Joshua 1: 7-9

Day 28

Where is there dignity unless there is honesty? -Cicero

Day 29

A hero is no braver than an ordinary man, but he is brave five minutes longer. -Ralph Waldo Emerson

Day 30

Pray you now, forget and forgive. -William Shakespeare

Day 31

Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also. -Luke 12: 33-34

Day 32

Destroy the seed of evil, or it will grow up to your ruin.

-Aesop

Days 33-38

Our Heroes

Here's a hand to the boy who has courage

To do what he knows to be right;

When he falls in the way of temptation,

*He has a hard battle to fight. **

Who strives against self and his comrades

Will find a most powerful foe;

All honor to him if he conquers-

*A cheer for the boy who says "No!" **

There's many a battle fought daily

The world knows nothing about;

There's many a brave little soldier

*Whose strength puts a legion to rout. **

And he who fights sin single-handed

Is more of a hero, I say,

Than he who leads soldiers to battle,

*And conquers by arms in the fray. **

Days 33-38 (continued)

*Be steadfast, my boy, when you're tempted
And do what you know to be right;
Stand firm by the colors of manhood,
And you will overcome in the fight. **
*"The Right" be your battle-cry ever,
In waging the warfare of life;
And God, who knows who are the heroes,
Will give you the strength for the strife.*

- Phoebe Cary

Day 39

I wanted you to see what real courage is, instead of getting the idea that courage is a man with a gun in his hand. It's when you know you're licked before you begin but you begin anyway and you see it through no matter what. - Harper Lee

Day 40

Anyone who doesn't take truth seriously in small matters cannot be trusted in large ones either. -Albert Einstein

Day 41

He who plays a trick must be prepared to take a joke. -Aesop

Days 42-43

*The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; * who at the best knows in the end triumph of high achievement; and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those scared and timid souls who know neither victory nor defeat.*

-Theodore Roosevelt

Day 44

I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles.

Christopher Reeve

Day 45

Be on your guard; stand firm in the faith; be men of courage; be strong. Do everything in love.

1 Corinthians 16:13-14

Day 46

Do what you can, with what you have, where you are.

-Theodore Roosevelt

Day 47

Try to become not a man of success, but try rather to become a man of value. -Albert Einstein

Day 48

Be yourself, everyone else is already taken. -Oscar Wilde

Day 49

I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances. -Martha Washington

Days 50-57

*There is a time for everything, and a season for every activity under heaven: * a time to be born, and a time to die, a time to plant and a time to uproot, * a time to kill and a time to heal, a time to tear down and a time to build, * a time to weep and a time to laugh, a time to mourn and a time to dance; * a time to scatter stones and a time to gather them, a time to embrace and a time to refrain, * a time to search and a time to give up, a time to keep and a time to throw away, * a time to tear and a time to mend, a time to be silent and a time to speak, * a time to love and a time to hate, a time for war and a time for peace.*

-Ecclesiastes 3: 1-8

Days 58-61

The Road Not Taken

*Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth; **

*Then took the other, as just as fair,
And having perhaps the better claim
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same, **

*And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back. **

Days 58-61 (continued)

*I shall be telling this with a sigh
Somewhere ages and ages hence
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.*

Robert Frost

Day 62

Let bravery be thy choice, but not bravado. -Memander

Day 63

Every truth has two sides; it is as well to look at both, before we commit ourselves to either. -Aesop

Day 64

We often miss an opportunity because it's dressed in overalls and looks like work. -Thomas Edison

Day 65

The key to everything is patience. You get the chicken by hatching the egg, not by smashing it. -Arnold H. Glasow

Day 66

He who walks with the wise grows wise, but a companion of fools suffers harm. -Proverbs 13:20

Day 67

*Oh, what a tangled web we weave,
When first we practice to deceive!* —Sir Walter Scott

Days 68-70

The Hare and the Tortoise

A hare one day ridiculed the short feet and slow pace of the Tortoise, who replied, laughing: "Though you be swift as the wind, I will beat you in a race." The Hare, believing her assertion to be simply impossible, assented to the proposal; and they agreed that the Fox should choose the course and fix the goal. * On the day appointed for the race the two started together. The Tortoise never for a moment stopped, but went on with a slow but steady pace straight to the end of the course. * The Hare, lying down by the wayside, fell fast asleep. At last waking up, and moving as fast as he could, he saw the Tortoise had reached the goal, and was comfortably dozing after her fatigue.

Slow but steady wins the race. —Aesop

Day 71

Wise people learn when they can; fools learn when they must.

—Arthur Wellesley, Duke of Wellington

Days 72-77

*Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. * But his delight is in the law of the LORD, and on his law he meditates day and night. * He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. * Not so the wicked! They are like chaff that the wind blows away. * Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. * For the LORD watches over the way of the righteous, but the way of the wicked will perish.*

-Psalm 1:1-6

Day 78

He that is of the opinion money will do everything may well be suspected of doing everything for money. -Benjamin Franklin

Day 79

He is no fool who gives what he cannot keep to gain what he cannot lose. -Jim Elliot

Day 80

I have not failed. I've just found 10,000 ways that won't work.

-Thomas Edison

Day 81

A liar will not be believed, even when he speaks the truth. -Aesop

Day 82

The quieter you become, the more you can hear. -Baba Ram Dass

Day 83

If we all did the things we are capable of, we would astound ourselves. -Thomas Edison

Days 84-86

People are often unreasonable and self-centered. Forgive them anyway.

If you are kind, people may accuse you of ulterior motives. Be kind anyway. If you are honest, people may cheat you. Be honest anyway.

** If you find happiness, people may be jealous. Be happy anyway.*

The good you do today may be forgotten tomorrow. Do good anyway.

*Give the world the best you have and it may never be enough. Give your best anyway. * For you see, in the end, it is between you and*

God. It was never between you and them anyway.

-Kent M. Keith

Day 87

It is curious that physical courage should be so common in the world and moral courage so rare. -Mark Twain

Days 88-89

The Jay and the Peacock

*A Jay venturing into a yard where Peacocks used to walk, found there a number of feathers which had fallen from the Peacocks when they were molting. He tied them all to his tail and strutted down towards the Peacocks. When he came near them they soon discovered the cheat, and striding up to him pecked at him and plucked away his borrowed plumes. * So the Jay could do no better than go back to the other Jays, who had watched his behavior from a distance; but they were equally annoyed with him, and told him: "It is not only fine feathers that make fine birds." -Aesop*

Day 90

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.

-Philippians 4:8

Days 91- 100

Sail On! Sail On!

Behind him lay the gray Azores,

Behind the Gates of Hercules;

Before him not the ghost of shores,

*Before him only shoreless seas. **

The good mate said: "Now we must pray,

For lo! the very stars are gone.

Brave Admiral, speak, what shall I say?"

*"Why, say, 'Sail on! and on!' **

"My men grow mutinous day by day;

My men grow ghastly wan and weak."

The stout mate thought of home; a spray

*Of salt wave washed his swarthy cheek. **

"What shall I say, brave Admiral,

If we sight naught but seas at dawn?"

"Why, you shall say at break of day,

*'Sail on! sail on! and on!' **

Days 91- 100 continued

They sailed and sailed, as winds might blow,

Until at last the blanched mate said:

"Uhh, now not even God would know

*Should I and all my men fall dead. **

These very winds forget their way,

For God from these dead seas is gone.

Now speak, brave Admiral, speak and say - "

*He said: "Sail on! and on!" **

They sailed. They sailed. Then spoke his mate:

"This mad sea shows his teeth tonight.

He curls his lip, he lies in wait,

*With lifted teeth, as if to bite! **

Brave Admiral, say but one word:

What shall we do when hope is gone?"

The words leapt like a leaping sword:

*"Sail on! sail on! and on!" **

Days 91– 100 continued

*Then pale and worn, he kept his deck,
And through the darkness peered that night.
Ah, darkest night! and then a speck—
A light! a light! a light! a light! *
It grew— a star—lit flag unfurled!
It grew to be Time's burst of dawn.
He gained a world; he gave that world
Its watchword: "On! and on!"*

—Joaquin Miller

Days 106-112

The Man, the Boy, and the Donkey

*A man and his son were once going with their Donkey to market. As they were walking along by its side a countryman passed them and said: "You fools, what is a Donkey for but to ride upon?" **

*So the Man put the Boy on the Donkey and they went on their way. But soon they passed a group of men, one of whom said: "See that lazy youngster, he lets his father walk while he rides." **

*So the Man ordered his Boy to get off, and got on himself. But they hadn't gone far when they passed two women, one of whom said to the other: "Shame on that lazy lout to let his poor little son trudge along." **

*Well, the Man didn't know what to do, but at last he took his Boy up before him on the Donkey. By this time they had come to the town, and the passers-by began to jeer and point at them. The Man stopped and asked what they were scoffing at. The men said: "Aren't you ashamed of yourself for overloading that poor Donkey of yours—you and your hulking son?" **

Days 106-112 Continued

The Man and Boy got off and tried to think what to do. They thought and they thought, till at last they cut down a pole, tied the Donkey's feet to it, and raised the pole and the Donkey to their shoulders. * They went along amid the laughter of all who met them till they came to Market Bridge, when the Donkey, getting one of his feet loose, kicked out and caused the Boy to drop his end of the pole. In the struggle the Donkey fell over the bridge, and his fore-feet being tied together he was drowned. *

"That will teach you," said an old man who had followed them:
"Please all, and you will please none."

-Aesop

Day 101

Writing is good, thinking is better. Cleverness is good, patience is better.

-Hermann Hesse

Day 102

No legacy is so rich as honesty. -William Shakespeare

Day 103

Listen, my son, and be wise, and keep your heart on the right path.

Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags. -Proverbs 23:19-21

Days 104-105

He gives strength to the weary and increases the power of the weak.

*Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. * They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. -Isaiah 40:29-31*

Day 113

Courage is being scared to death but saddling up anyway.

-John Wayne

Day 114

Nearly all men can stand adversity, but if you want to test a man's character, give him power. -Abraham Lincoln

Day 115

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. -Martin Luther King Jr.

Day 116

Genius is one percent inspiration and ninety-nine percent perspiration.

-Thomas Edison

Day 117

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity. -1 Timothy 4:12

Day 118

He that finds discontentment in one place is not likely to find happiness in another. -Aesop

Day 119

There is no substitute for hard work. -Thomas Edison

Days 120-125

*Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devils schemes. * For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. **

*Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. * Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. **

Days 120-125

*In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. * Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.*

-Ephesians 6:10-18

Day 126

The value of a man should be seen in what he gives and not in what he is able to receive.

-Albert Einstein

Day 127

Honesty is the first chapter of the book of wisdom.

-Thomas Jefferson

Day 128

It is better to offer no excuse than a bad one. -George Washington

Day 129

How can a young man keep his way pure? By living according to your word. -Psalm 119:9

Day 130

Some men give up their designs when they have almost reached the goal; while others, on the contrary, obtain a victory by exerting, at the last moment, more vigorous efforts than ever before. - Herodotus

Days 131-134

The Boy We Want

*A boy that is truthful and honest
And faithful and willing to work;
But we have not a place that we care to disgrace
with a boy that is ready to shirk. **

Days 131-134 Continued

Wanted--a boy you can tie to,
A boy that is trusty and true,
A boy that is good to old people,
And kind to the little ones too. *

A boy that is nice to the home folks,
And pleasant to sister and brother,
A boy who will try when things go awry
To be helpful to father and mother. *

These are the boys we depend on--
Our hope for the future, and then
Grave problems of state and the world's work await
Such boys when they grow to be men.

--from The Book of Virtues

Day 135

Your word is a lamp to my feet and a light to my path.

Psalm 119:105

Day 136

True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others, at whatever cost. -Arthur Ashe

Day 137-139

*The man who misses all the fun
Is he who says, "It can't be done."
In solemn pride he stands aloof
And greets each venture with reproof. *
Had he the power he'd efface
The history of the human race;
We'd have no radio or motor cars,
No streets lit by electric stars; *
No telegraph nor telephone,
We'd linger in the age of stone.
The world would sleep if things were run
By men who say, "It can't be done."*

from The Book of Virtues

Days 140 -145

Mercury and the Woodman

A Woodman was felling a tree on the bank of a river, when his axe, glancing off the trunk, flew out of his hands and fell into the water. As he stood by the water's edge lamenting his loss, Mercury appeared and asked him the reason for his grief. * On learning what had happened, out of pity for his distress, Mercury dived into the river and, bringing up a golden axe, asked him if that was the one he had lost. The Woodman replied that it was not, and Mercury then dived a second time, and, bringing up a silver axe, asked if that was his. "No, that is not mine either," said the Woodman. * Once more Mercury dived into the river, and brought up the missing axe. The Woodman was overjoyed at recovering his property, and thanked his benefactor warmly; and the latter was so pleased with his honesty that he made him a present of the other two axes. *

When the Woodman told the story to his companions, one of these was filled with envy of his good fortune and determined to try his luck for himself. So he went and began to fell a tree at the edge of the river, and presently contrived to let his axe drop into the water. *

Days 140 -145

Mercury appeared as before, and, on learning that his axe had fallen in, he dived and brought up a golden axe, as he had done on the previous occasion. * Without waiting to be asked whether it was his or not, the fellow cried, "That's mine, that's mine," and stretched out his hand eagerly for the prize: but Mercury was so disgusted at his dishonesty that he not only declined to give him the golden axe, but also refused to recover for him the one he had let fall into the stream.

Honesty is the best policy.

-Aesop

Day 146

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law. -Galatians 5:22-23

Day 147

Associate with men of good quality, if you esteem your own reputation; for it is better to be alone than in bad company.

-George Washington

Day 148

Learn to do common things uncommonly well.

-George Washington Carver

Day 149

Call to me and I will answer you and tell you great and unsearchable things you do not know. -Jeremiah 33:3

Day 150

Character is much easier kept than recovered.

-Thomas Paine