



Elements of the Epic Hero Cycle

Student Name _____ Date _____

Element	Example
The main character is a hero, who is often possessed of supernatural abilities or qualities.	
The hero is charged with a quest.	
The hero is tested, often to prove the worthiness of himself and his quest.	
The presence of numerous mythical beings, magical and helpful animals, and human helpers and companions	
The hero's travels take him to a supernatural world, often one that normal human beings are barred from entering.	
The cycle must reach a low point where the hero nearly gives up his quest or appears defeated.	
A resurrection.	
Restitution. Often this takes the form of the hero regaining his rightful place on the throne.	