



Pow!



VROOOOM!



BANG!



ZAP!



My Superhero Self-esteem workbook

KAPOW!



SPLAT!

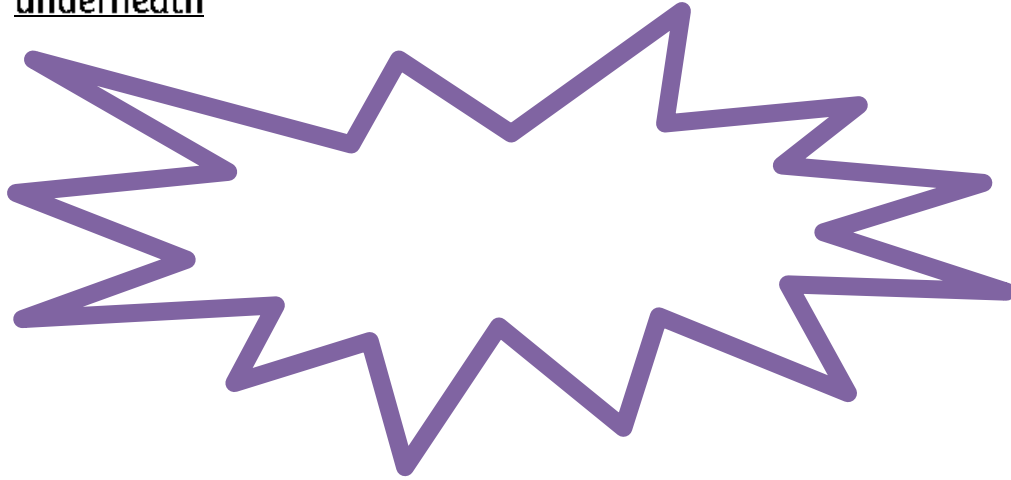


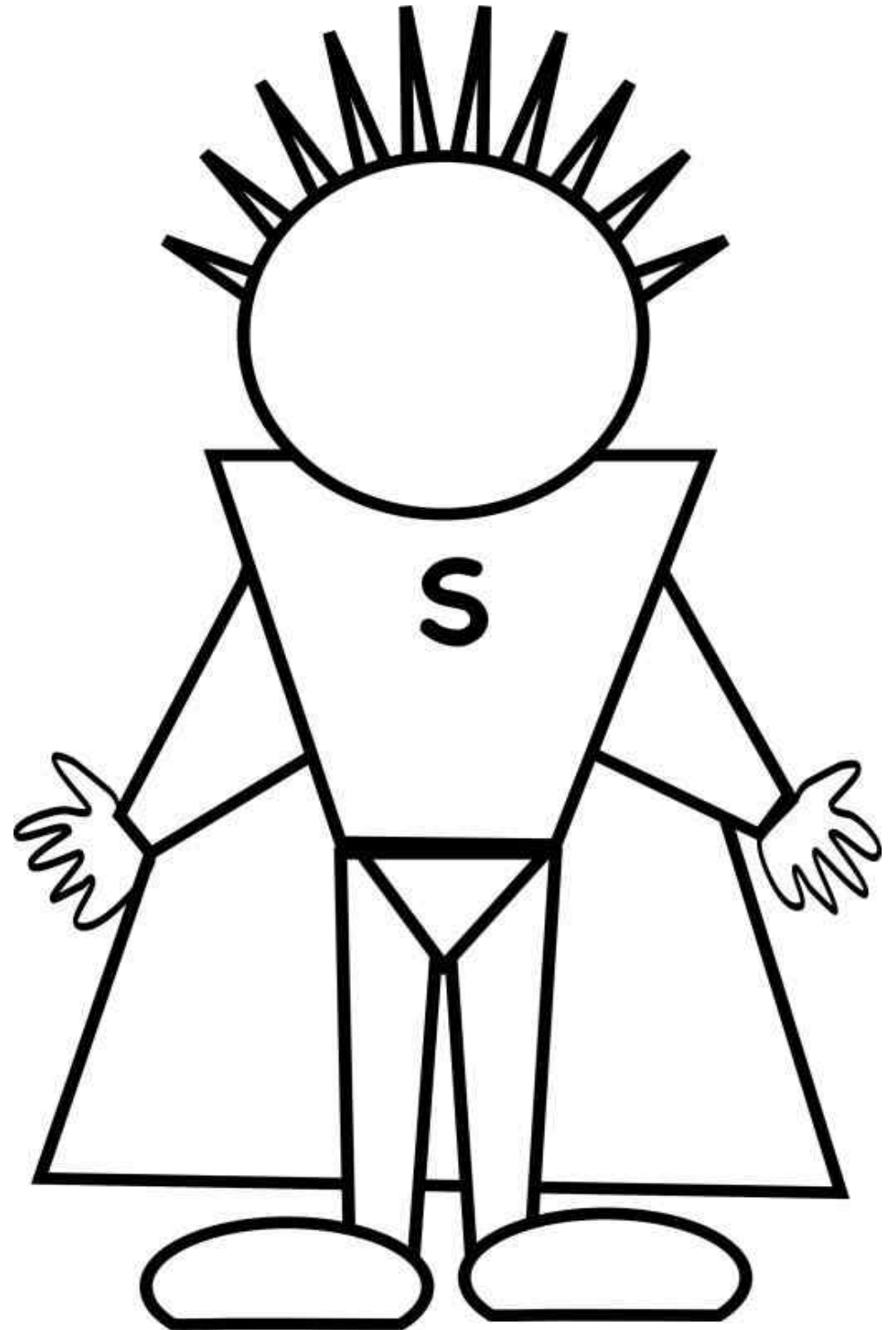
My name:

How do you feel today?



How do you feel? Write the word in the splat and write why underneath







What do YOU look like?



Using a mirror, look carefully at your face and draw below. Try and draw every detail.



Let's talk about your face!

What do you like about your eyes?

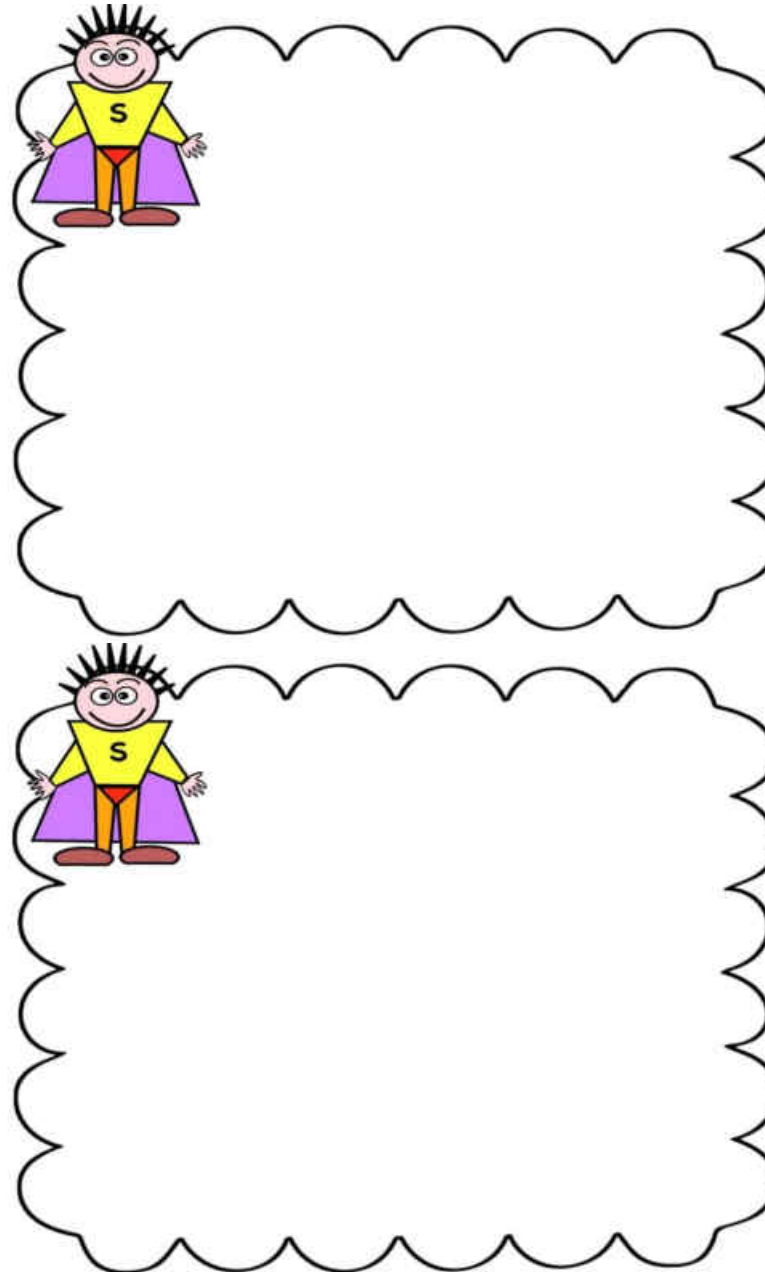
What do you like about your nose?

What do you like about your lips?

What do you like about your hair?

What is the same and what is different

If you look at yourself compared to a superhero you will see that some things are different and some things are the same. Stick a photograph of you and a picture of your favourite super hero below and write 3 things that are the same and 3 things that are different.



We are the same because...

1.

2.

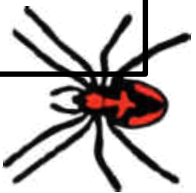
3.

We are the different because...

1.

2.

3.



Do you like who you are?

When you like yourself other people can see that you are a happy and confident person. Stick a photograph of you in the middle of the frame. Draw lines from the statement that is true about you.

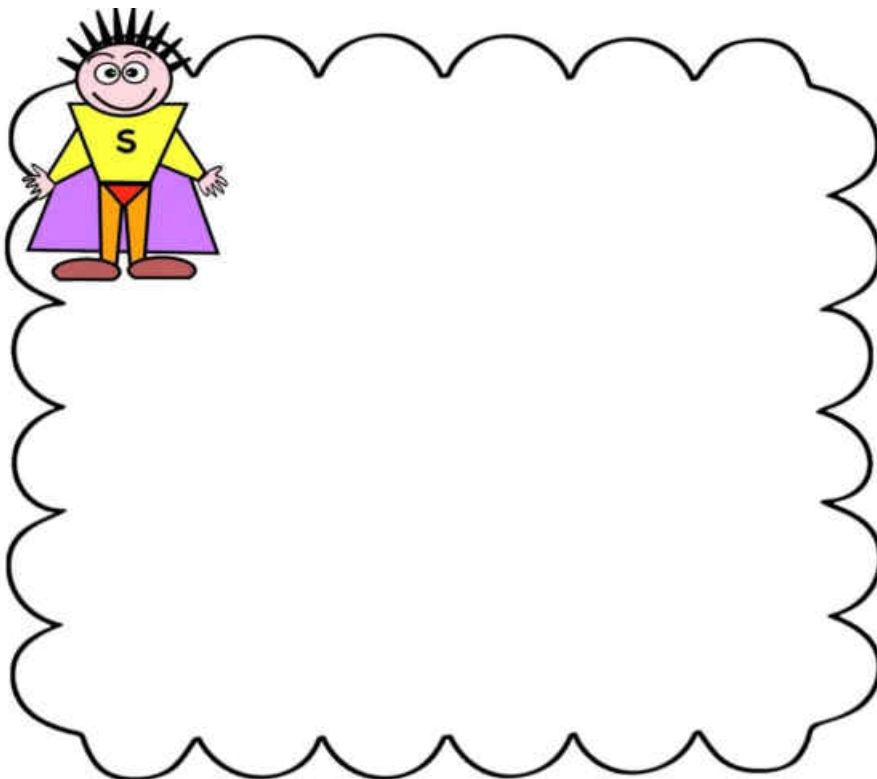
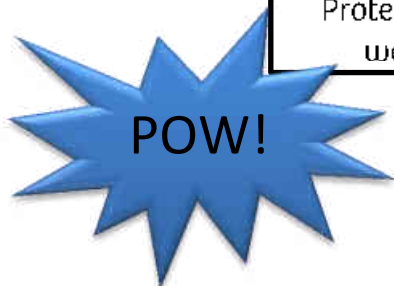
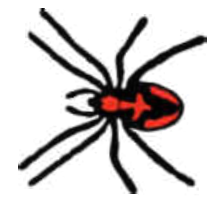
The worksheet is designed for a self-reflection activity. It features a central cloud-shaped frame with a scalloped border. A cartoon superhero character, wearing a yellow suit with a red 'S' and a purple cape, stands on the left side of the frame. Surrounding the frame are 20 rectangular boxes, each containing a personality trait. The traits are arranged as follows:

- Top row: Friendly, Honest, Intelligent, Caring, Quiet, Happy
- Second row: Athletic, Nice to people
- Third row: Faithful, Angry
- Fourth row: Energetic, Strong
- Fifth row: Lonely, Playful
- Bottom row: Tough, Helpful, Fair

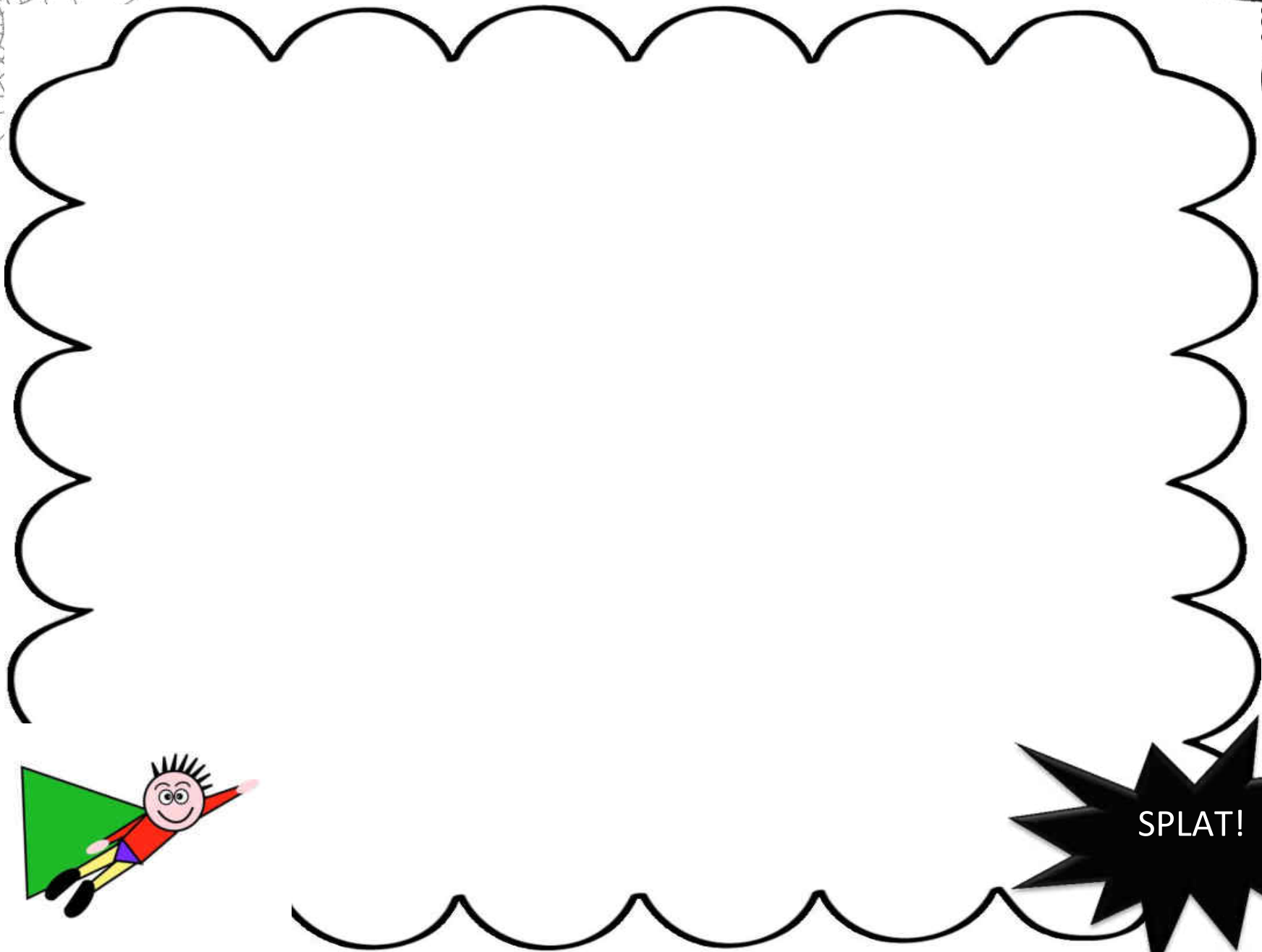
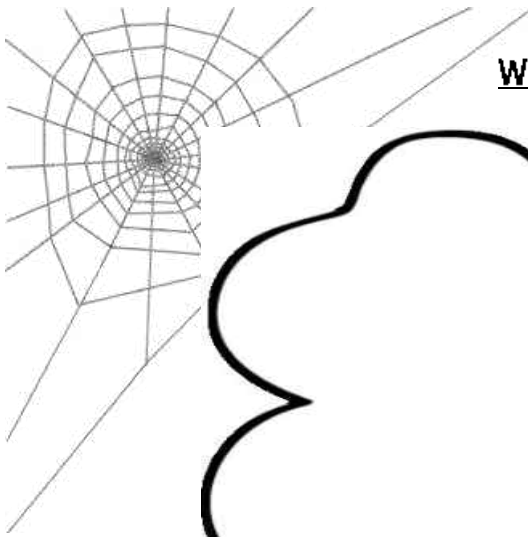
A blue starburst with the word "ZAP!" is located at the bottom left, next to a box labeled "Protects the weak". A cartoon spider is at the bottom right, near the "Playful" box.

What about your favourite superhero

What are they like? What qualities do they have? Do you have any qualities in common? Draw your favourite superhero in the box and draw lines to the statements that are true about them.

Friendly	Honest	Intelligent	Caring	Quiet	Happy
Athletic					Nice to people
Faithful					Angry
Energetic					Strong
Lonely					Playful
Protects the weak					
	Tough	Helpful	Fair		

What would you look like as a superhero? Draw yourself on this page.



Superpowers

superstrength

speed

Healing and
regeneration

Super
eyesight

flying

Immortality

Breathing
underwater

telepathy

Time
travel

invisible

Mind control

Elasticity

Super hearing

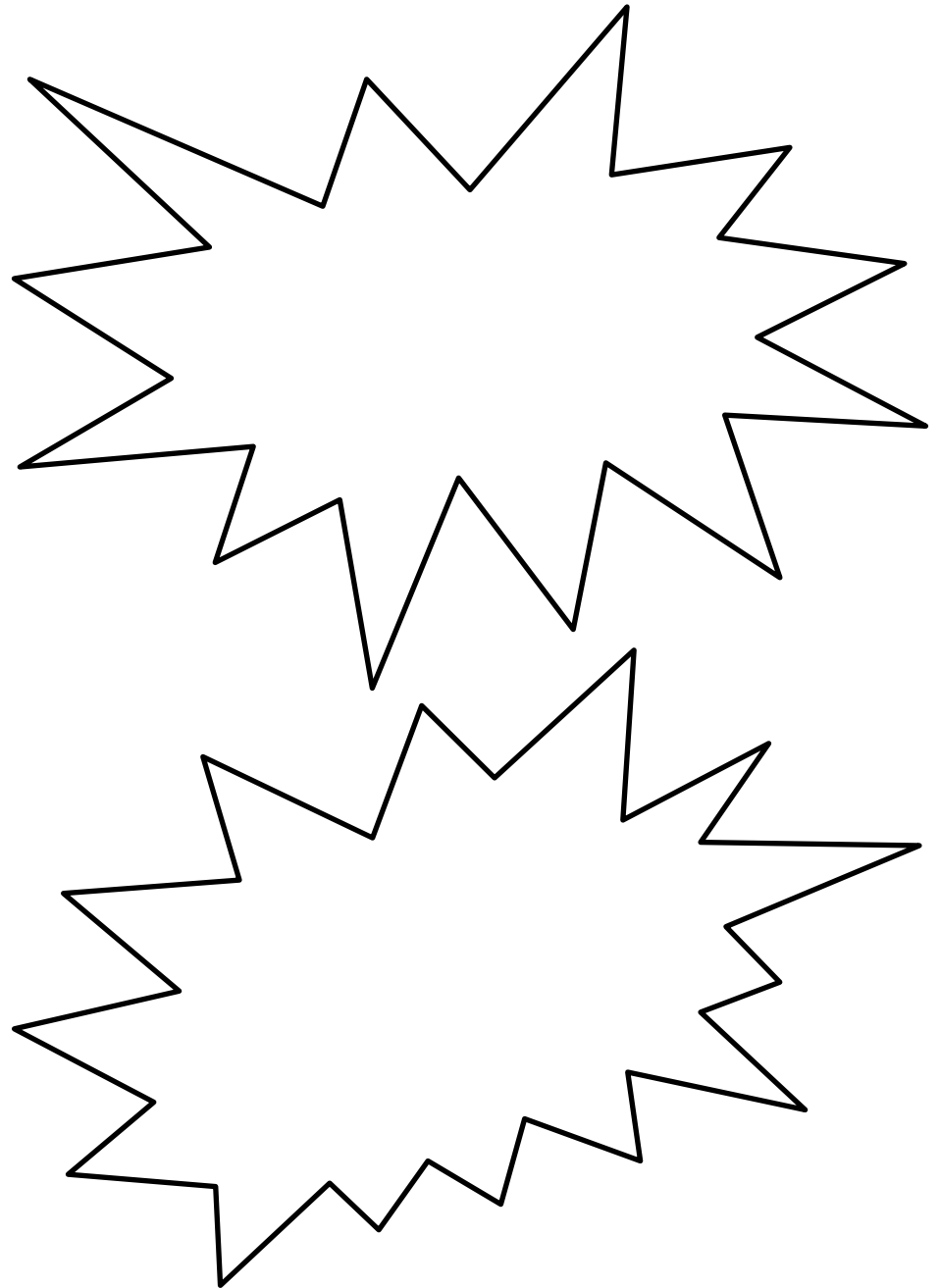
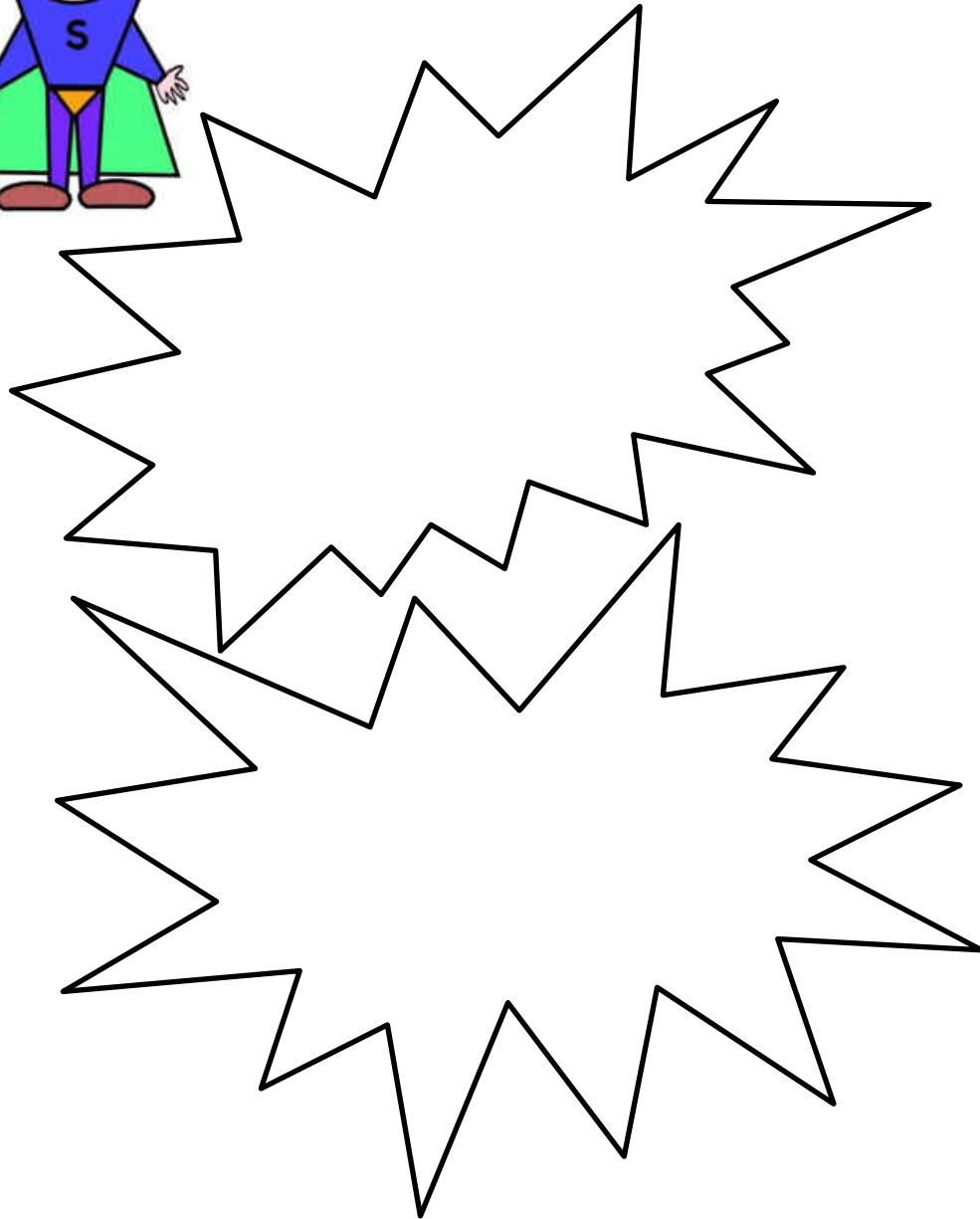
teleportation

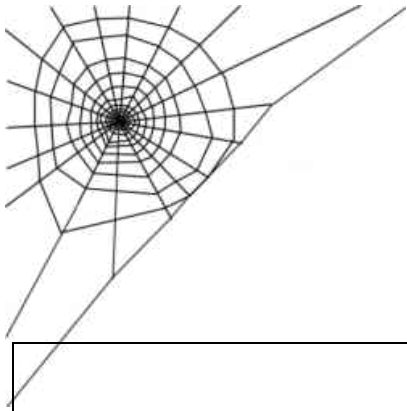
No gravity,
can float

Sense of smell

Climbing

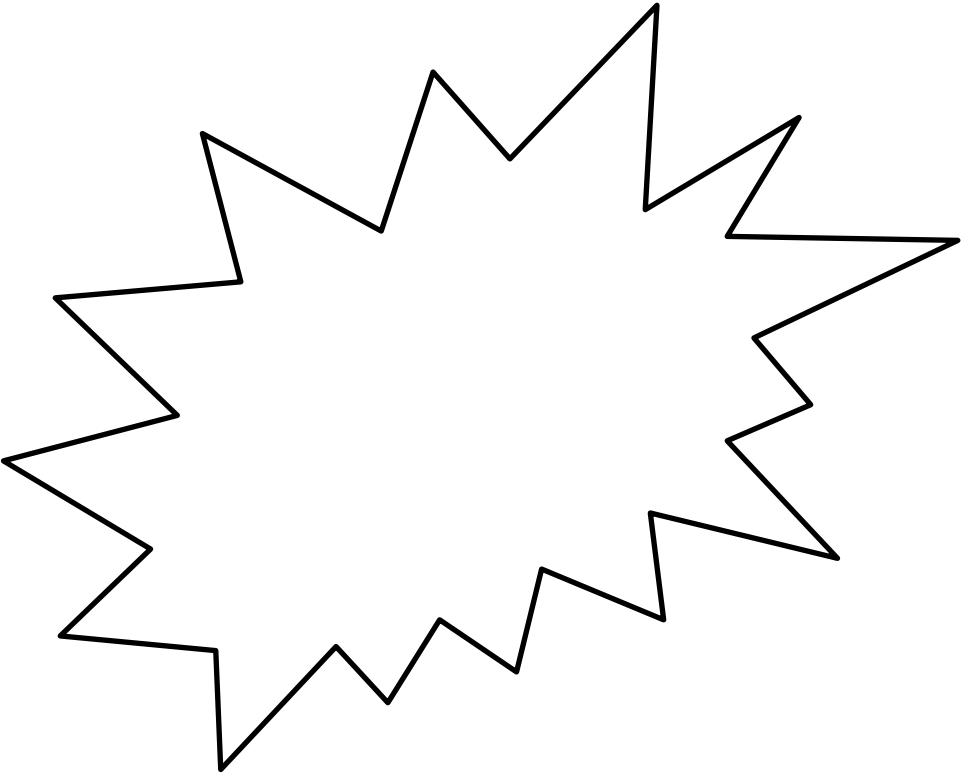
What would your superpowers be? Write one in each shape.





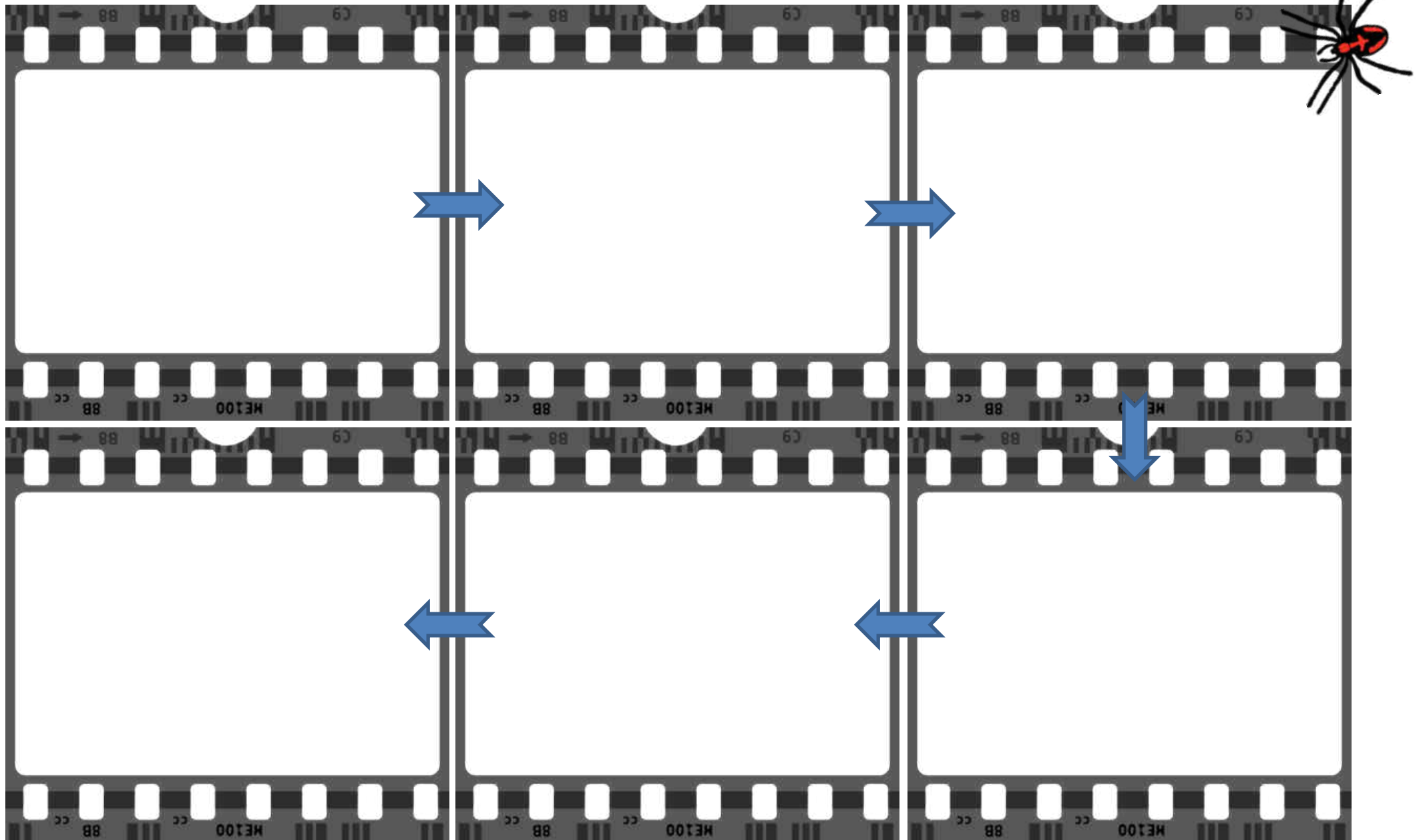
What can you do with your superpower?

Choose one of the superpowers and give more details on what you can do with that power.



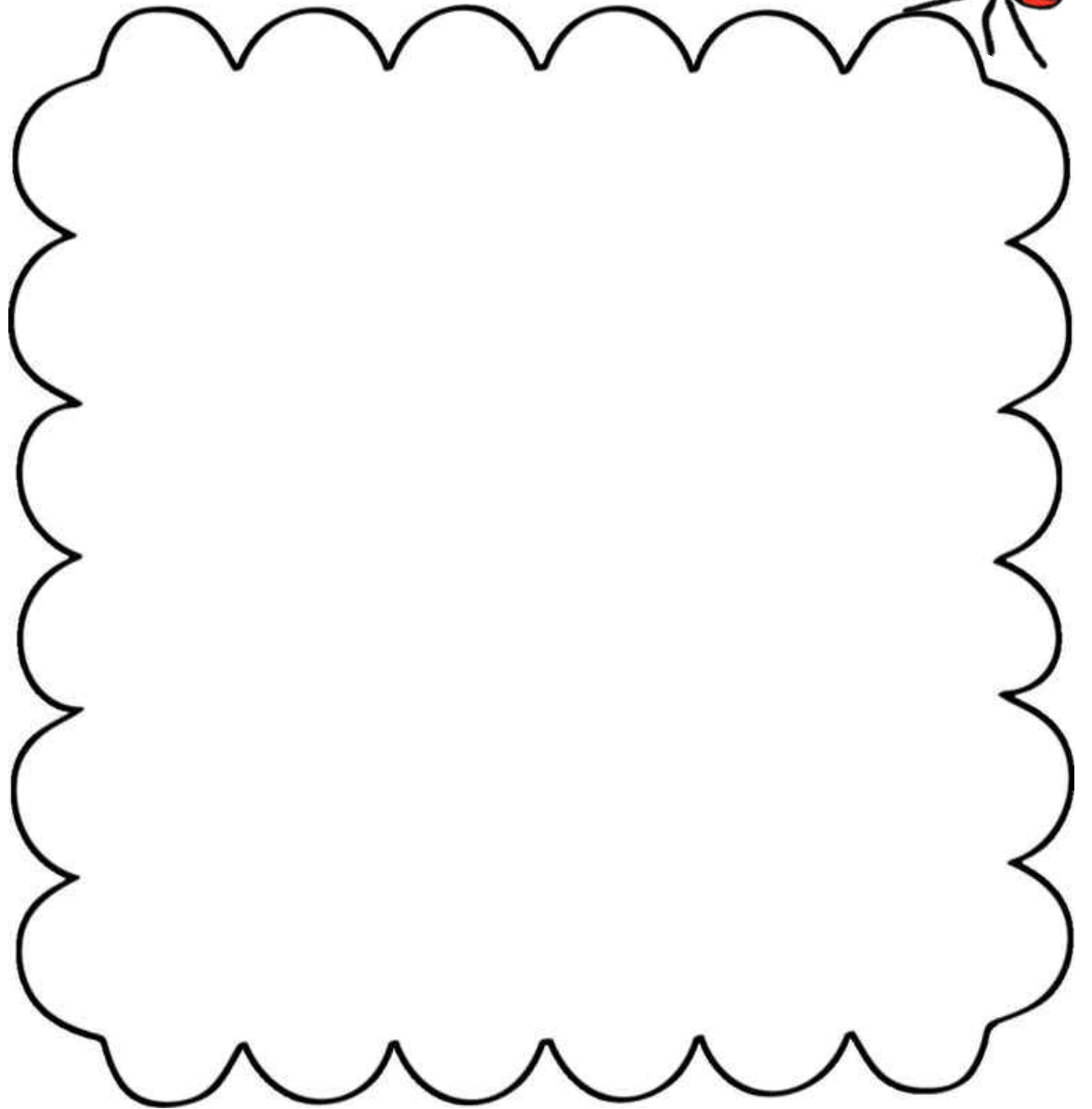
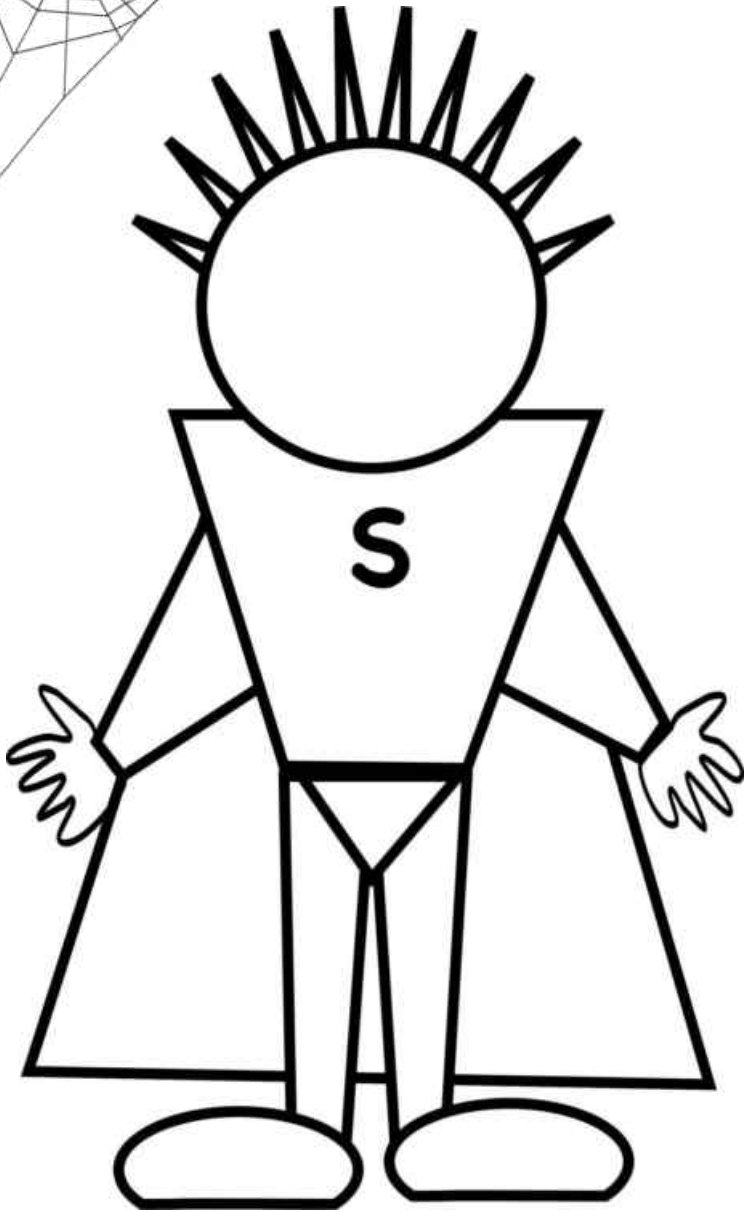
Use your superpowers

Make a film strip of you as a superhero using your superpowers to help someone who is being bullied by other children. You are not allowed to hit or hurt anyone as a Superhero even if they are bad guys. You must think of some other way to help.



How does it make you feel to use your superpowers to help someone?

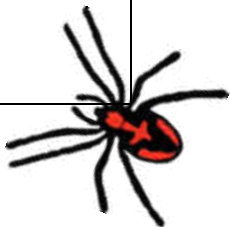
Draw the emotion on the Superhero's face and then write why in the box.



Superheroes are really intelligent and know lots of feelings vocabulary. That is how they know when people need help.

Each day you need to learn a new feelings word. Say the word, write it three times and put the new word into a sentence.

	New word, say it three times!	New word, write it three times!	New word, put it into a sentence
Monday		1 2 3	
Tuesday		1 2 3	
Wednesday		1 2 3	
Thursday		1 2 3	
Friday		1 2 3	



Here is a list of words which you could learn and then use

delighted

elated

cheerful

joyful

furious

exhilarated

anxious

worried

fearful

Look in a dictionary to find out some more 'feeling' words

Listen to adults and other children talking. Are they using any 'feelings' words?

surprised

disgusted

proud

nervous

annoyed

enraged

upset

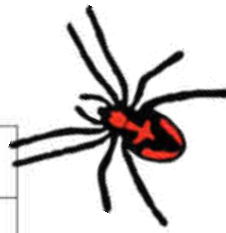
bored

calm

When you are reading a book, look for new 'feelings' words

When you watch TV or a DVD listen carefully for 'feelings' words.

Feelings Word Search



h	a	p	p	y	s	a	d	j	z
u	u	c	r	b	c	m	e	a	n
r	p	a	o	o	a	n	g	r	y
t	s	l	u	r	r	j	l	j	e
x	e	m	d	e	e	u	a	m	x
x	t	q	q	d	d	w	d	a	c
s	u	r	p	r	i	s	e	d	i
a	m	a	z	e	d	c	w	o	t
n	e	r	v	o	u	s	s	w	e
d	i	s	g	u	s	t	q	n	d
w	o	r	r	i	e	d	f	g	h

Can you find all of the feelings words?
Do you know what they all mean?

happy

angry

amazed

sad

disgust

worried

scared

nervous

bored

surprised

glad

calm

mad

hurt

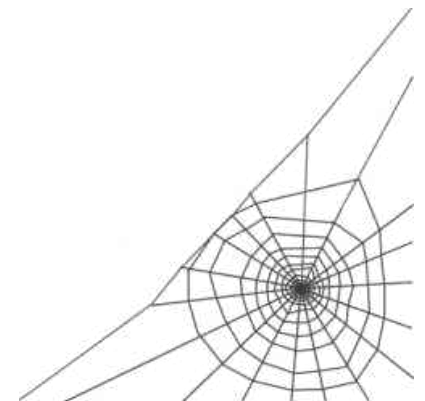
mean

proud

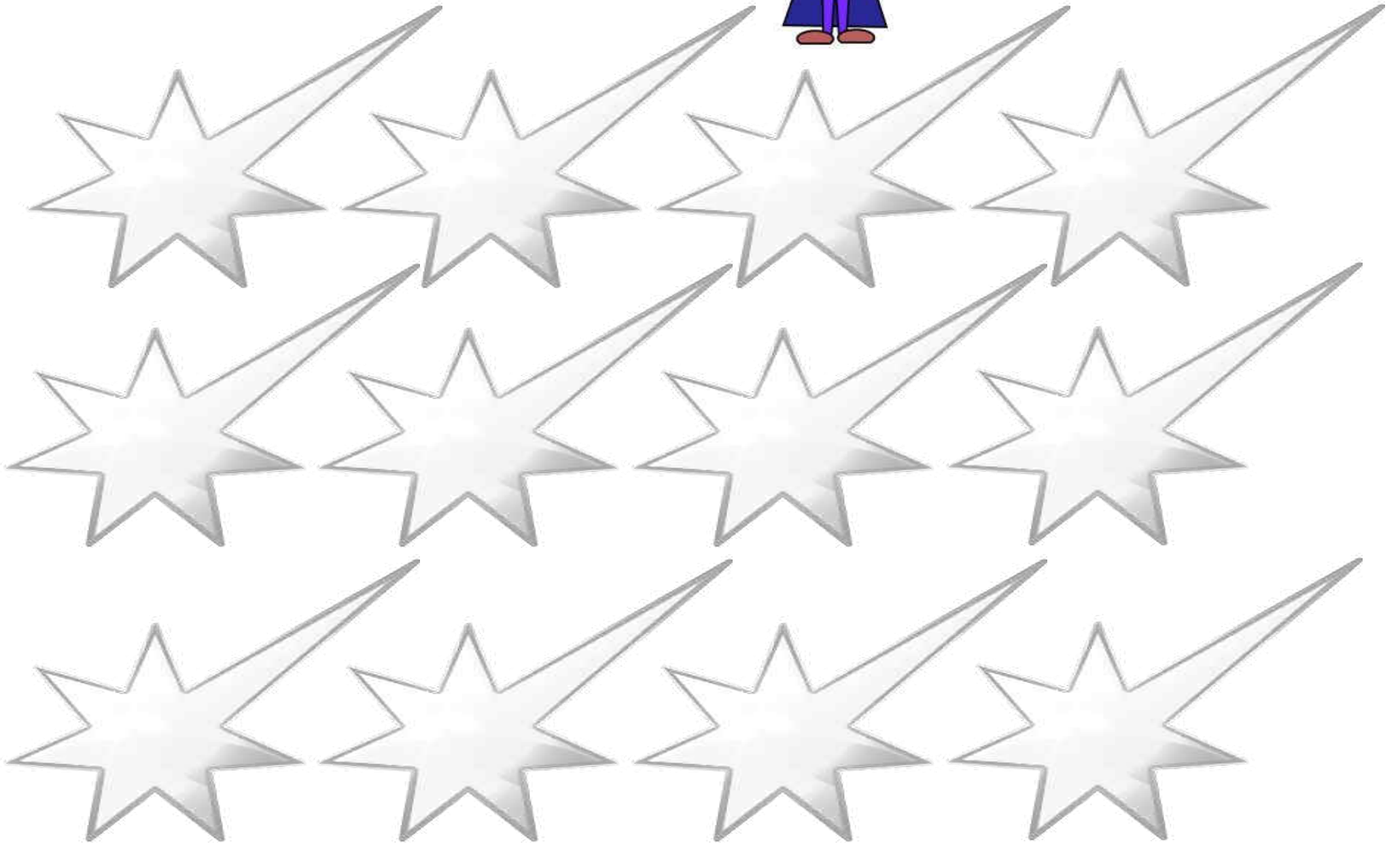
upset

down

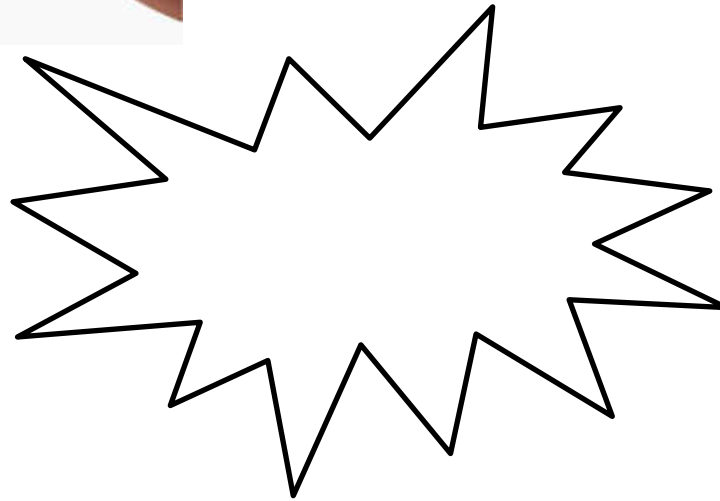
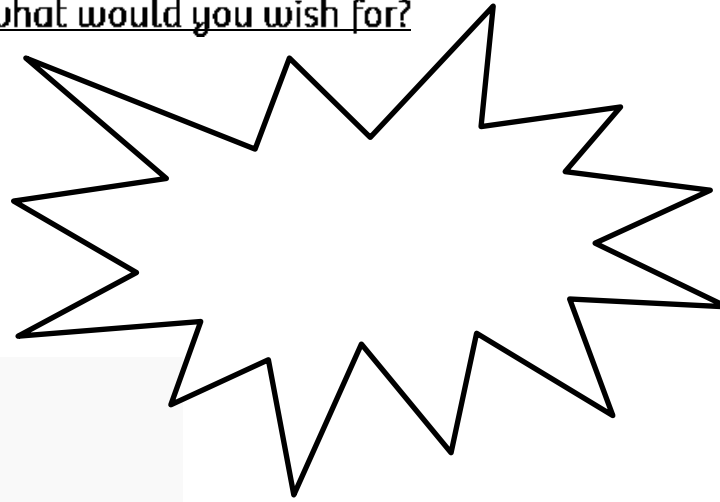
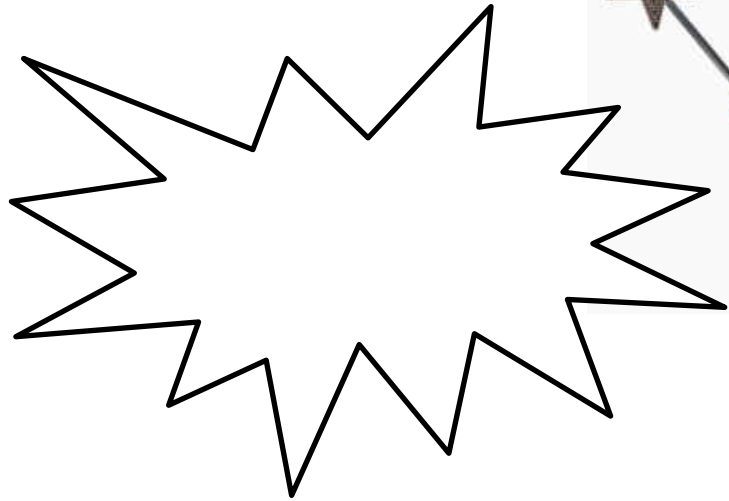
excited



Test yourself! How many words can you remember?



If you met a Superhero and he gave you three wishes what would you wish for?



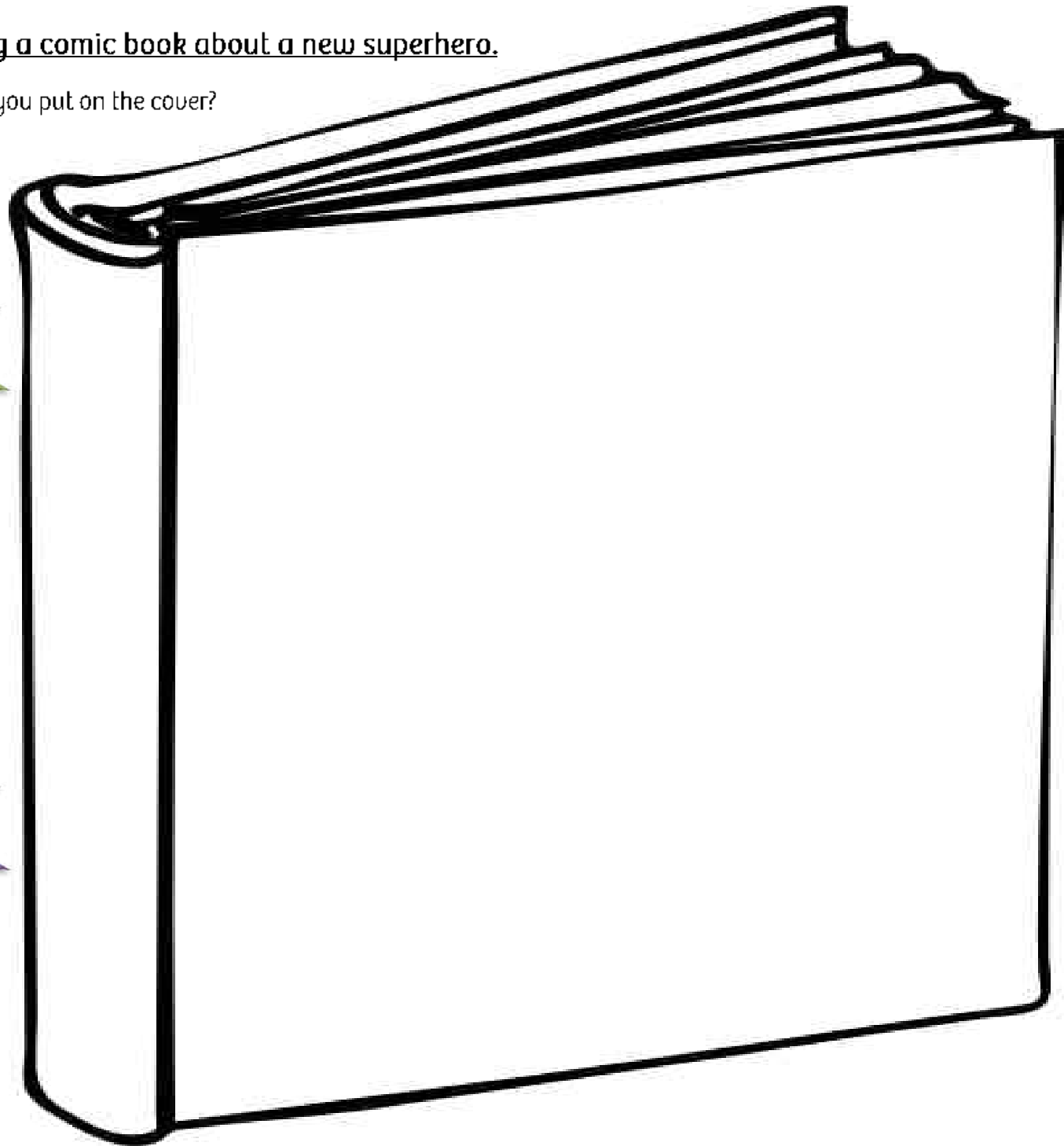
You are designing and writing a comic book about a new superhero.

That superhero is you! What would you put on the cover?



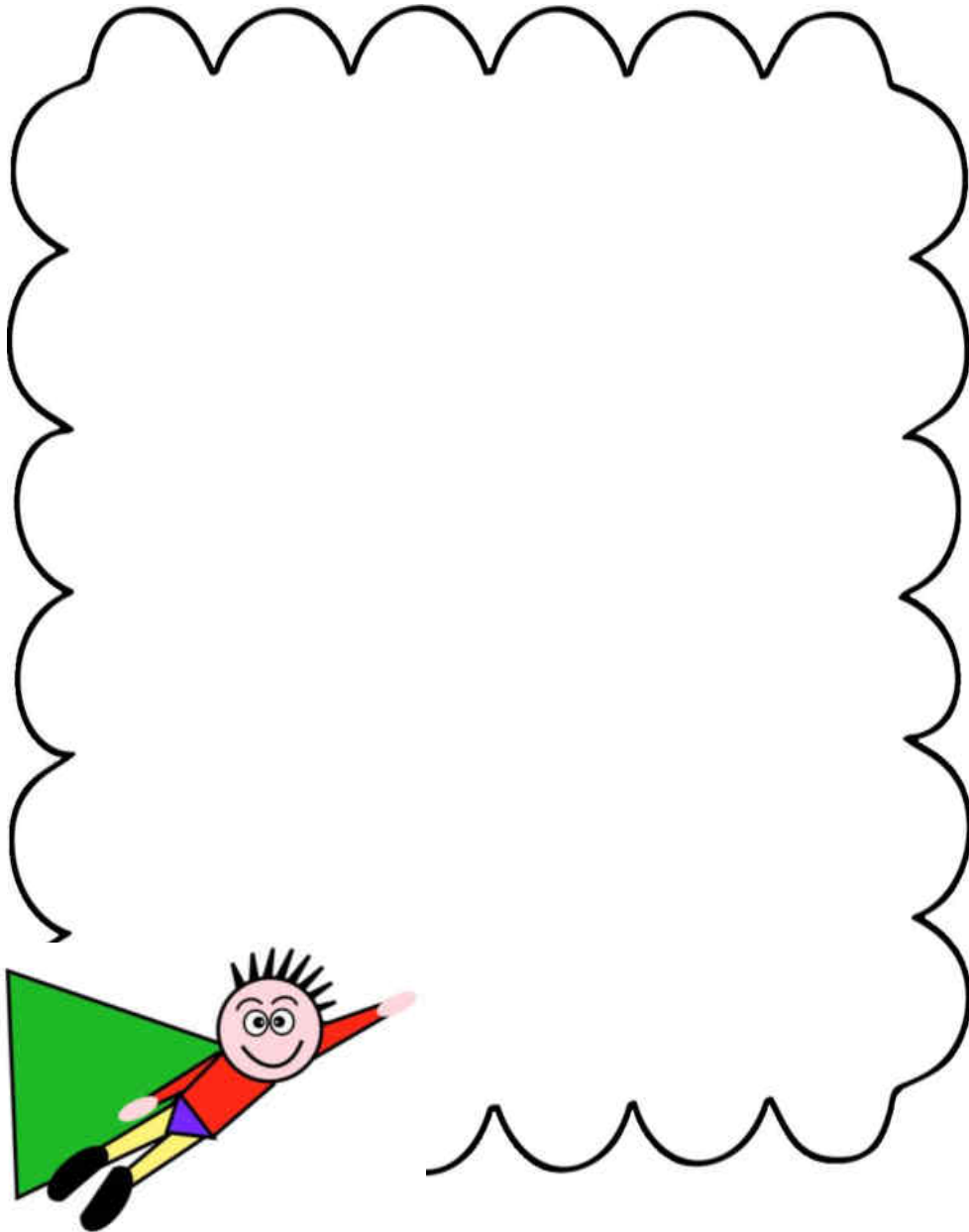
KAPOW!

Bash



Have you ever felt proud of yourself?

A superhero must do things every day that makes them feel proud. They save people's lives, help people and protect people who are weak. What have you done to make yourself feel proud? Draw a picture and then write about it.

[illegible]

I am poem

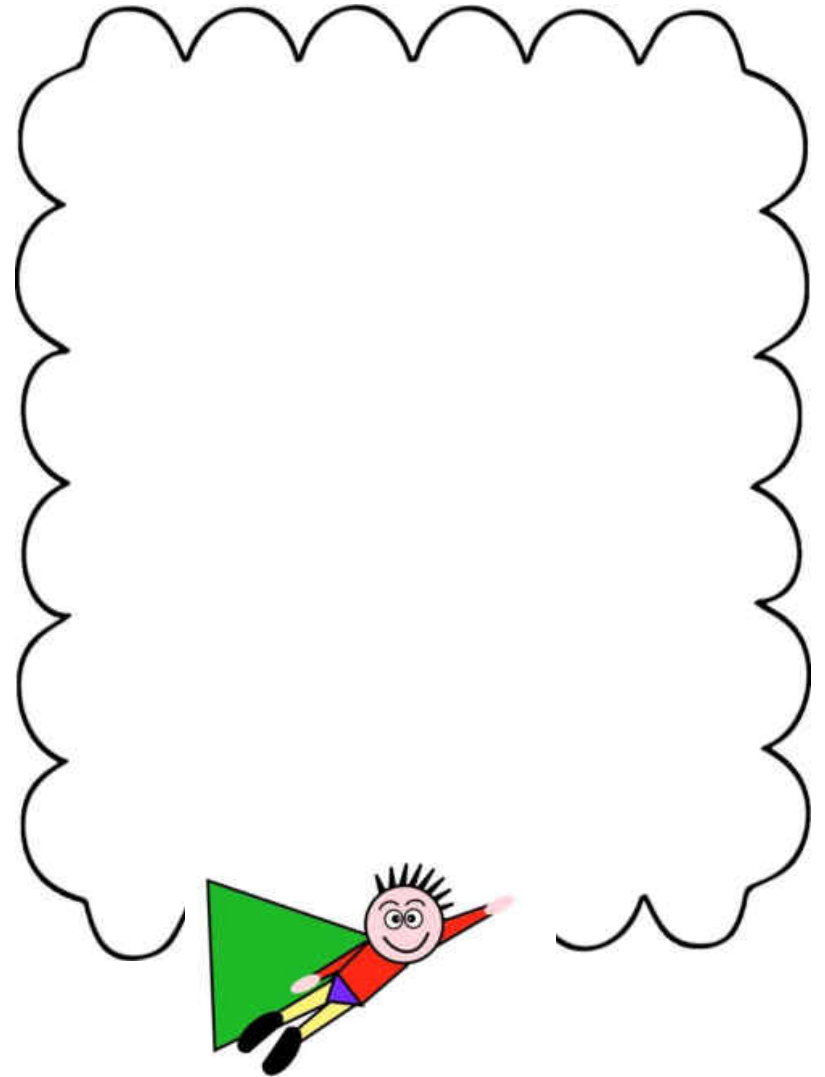
Ask someone to take a photograph of you posing as a superhero; stick the photograph into the box and then write an 'I am' poem using all the things you are good at.

I am

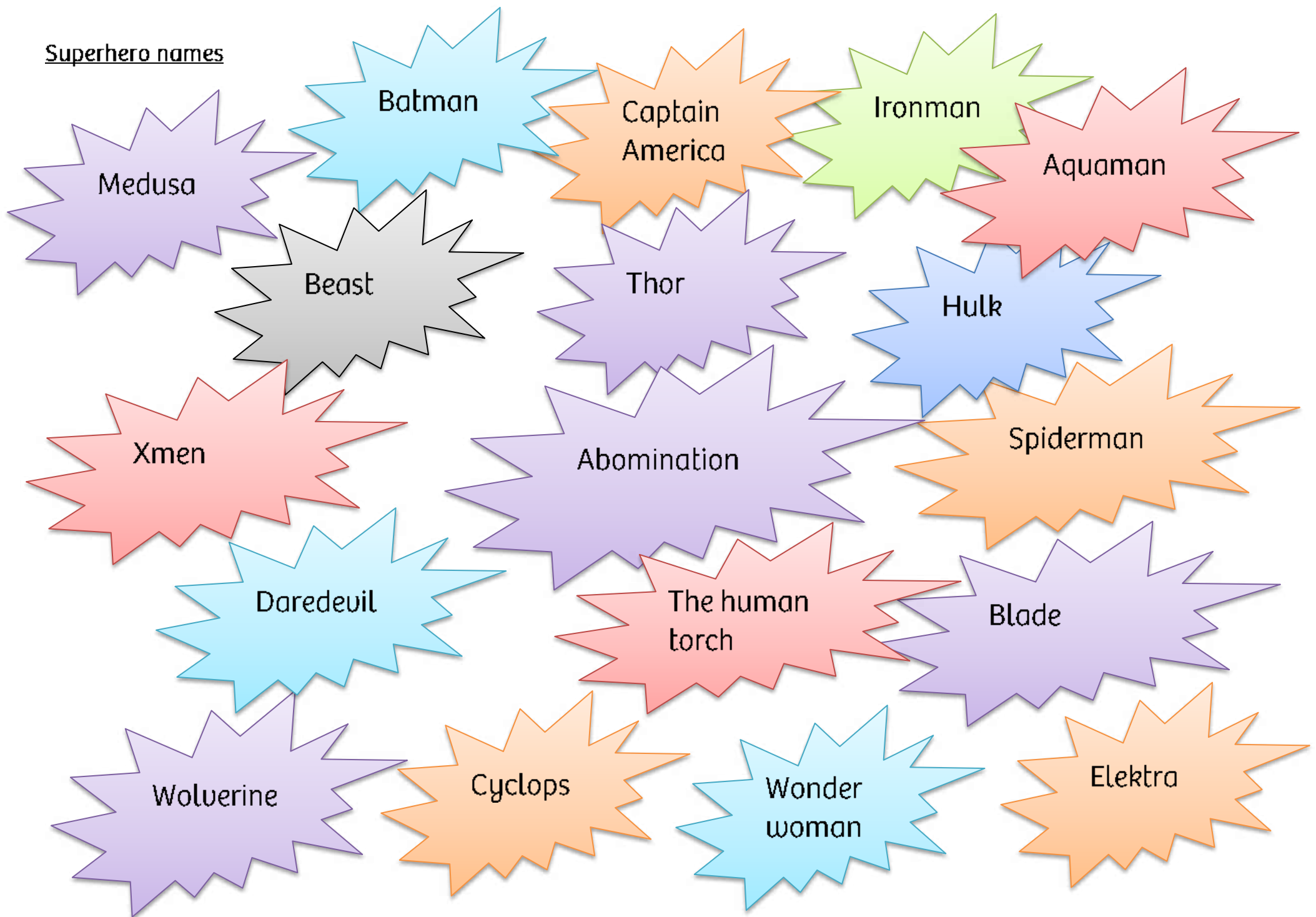
I am

I am

I am

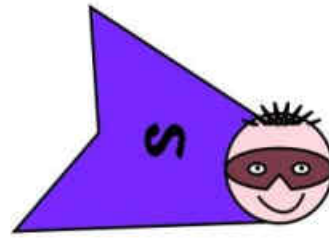


Superhero names



Create your superhero name

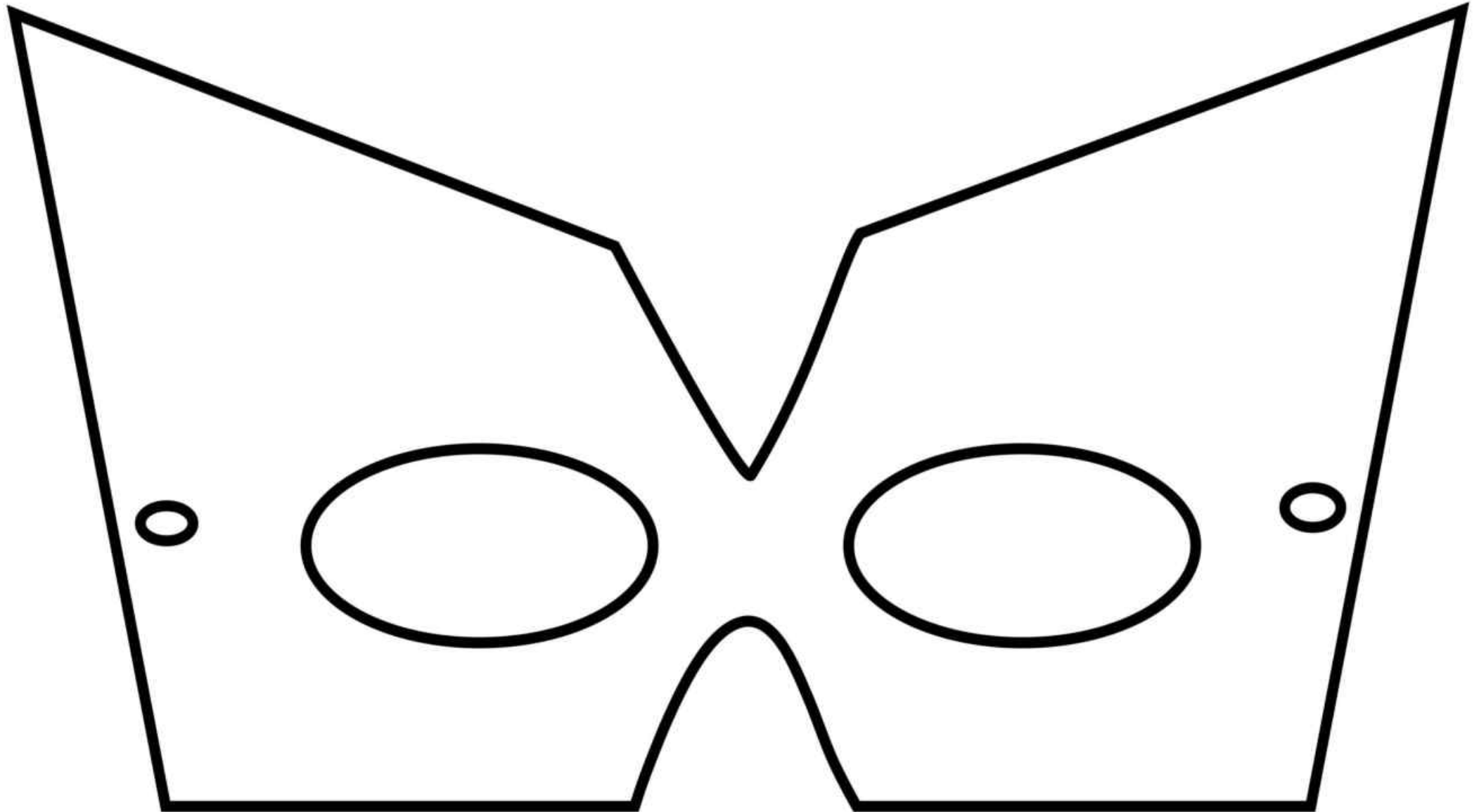
Write your name in bubble writing below.



Write your Superhero name in bubble writing below. Decorate it with coloured pens or pencils.

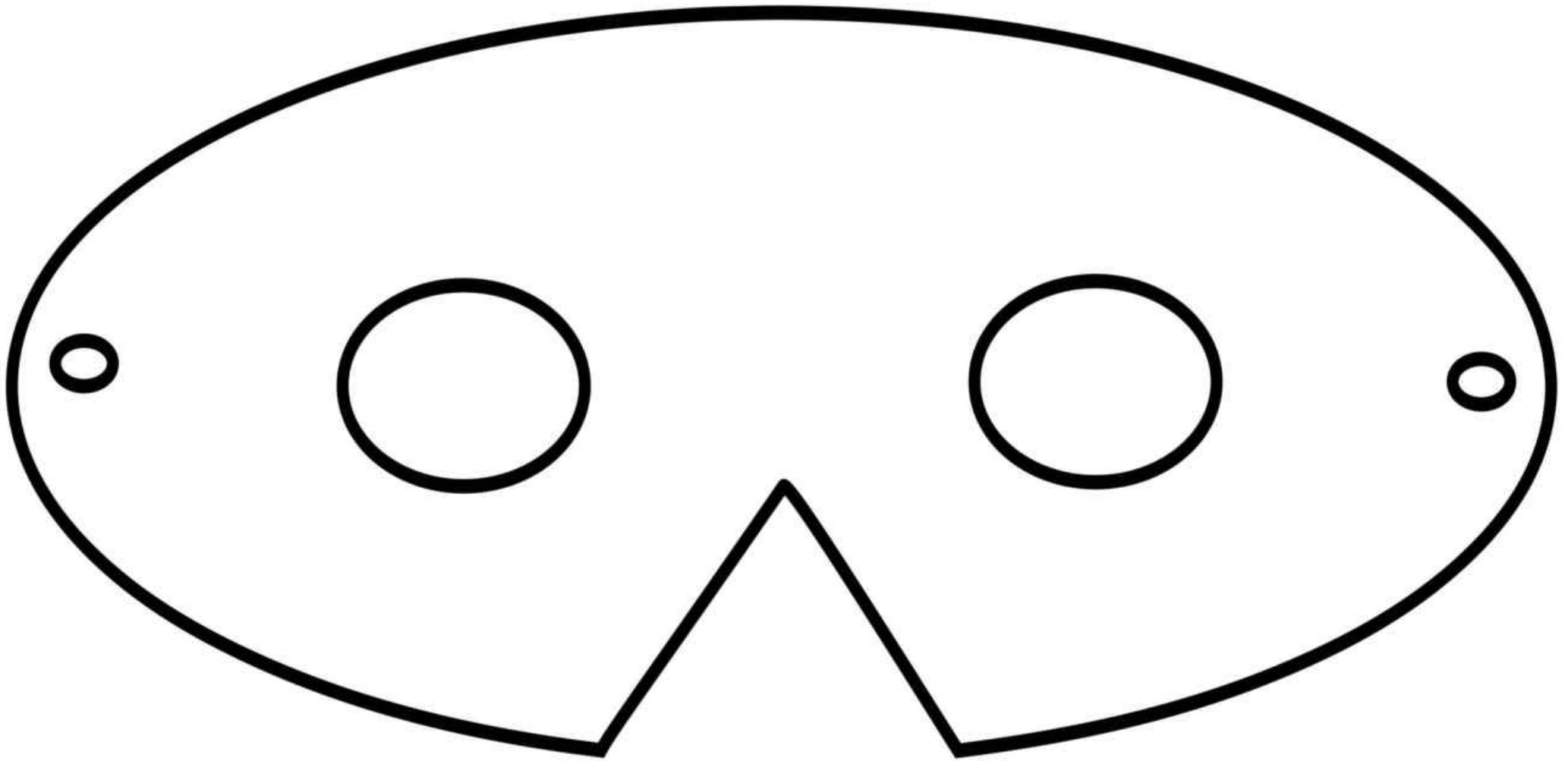
How do you see yourself in 1 years time?

Some superheroes have incredible vision and can see things that others can't. Decorate this mask with things you can see in **your** future.



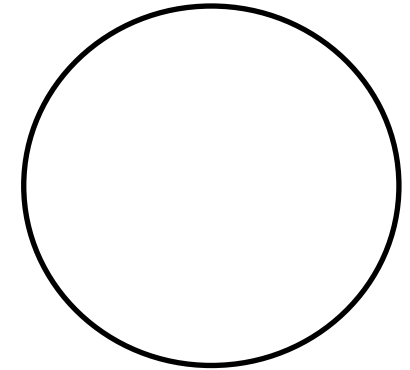
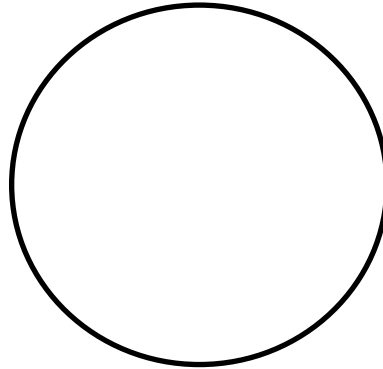
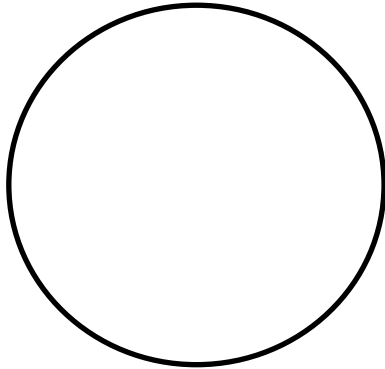
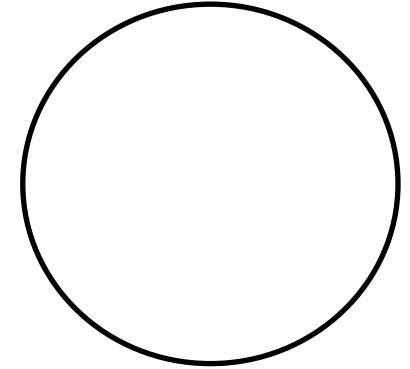
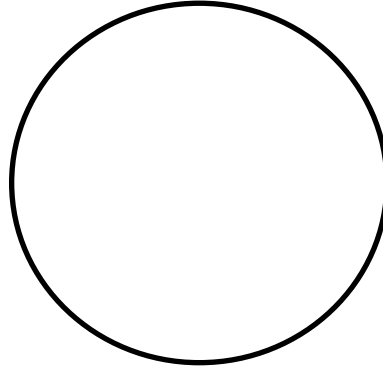
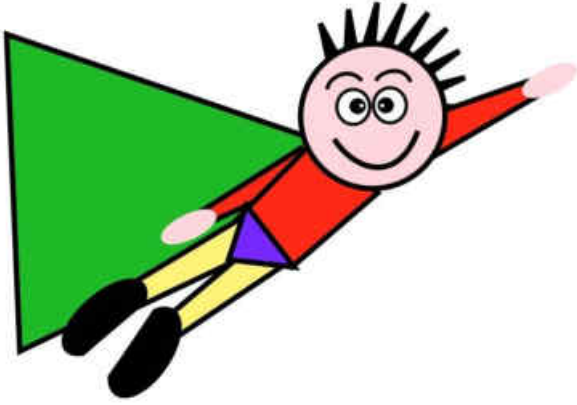
How do you see yourself in 10 years time?

How old will you be? What do you think you will be doing? Decorate this mask with things you can see in **your** future.



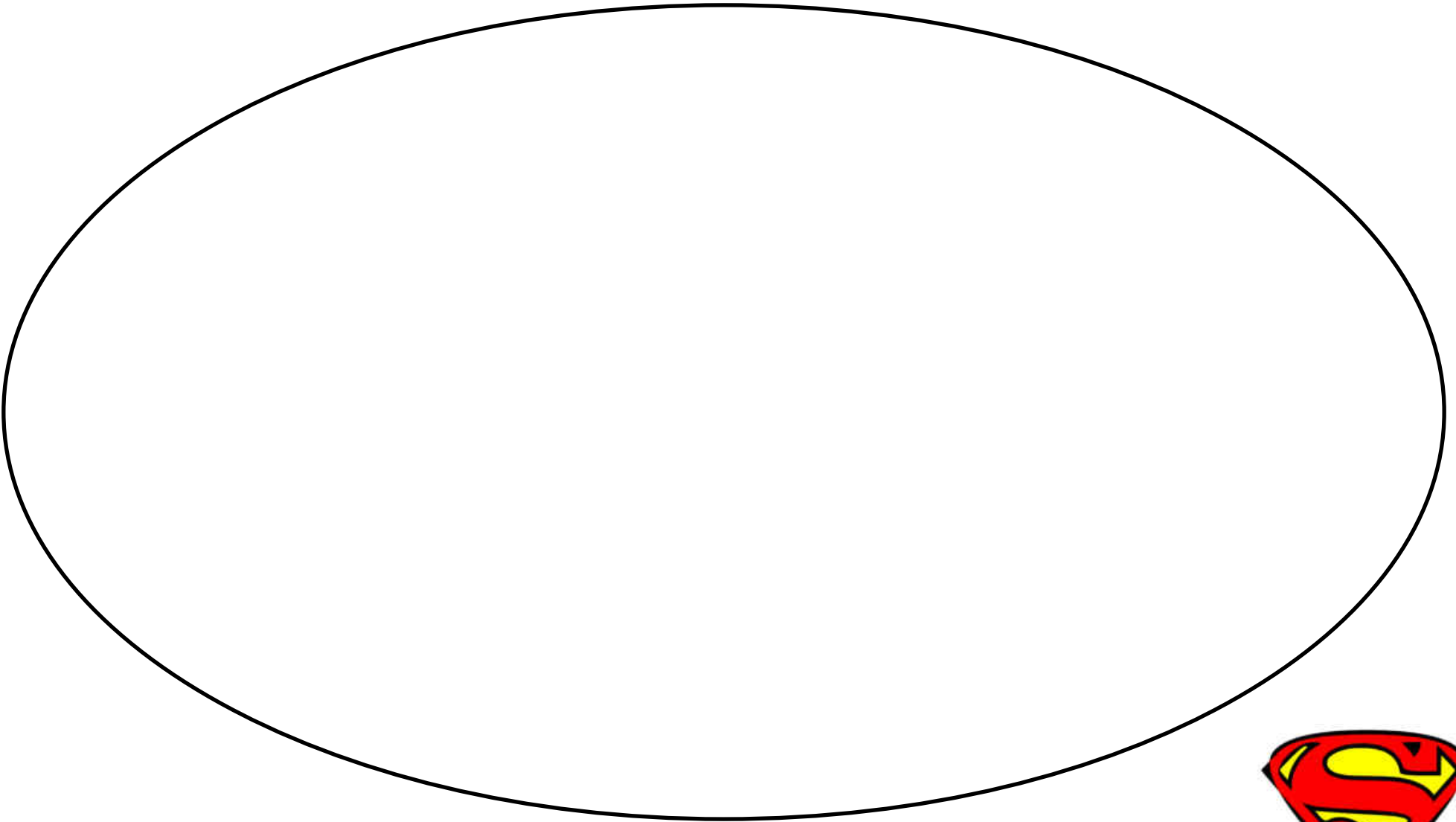
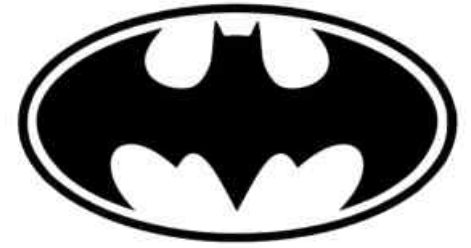
Fingerprint identity

Superheroes need a fingerprint identity so they can get into top secret places. Make a fingerprint in each circle and write why you are unique and different underneath each one.



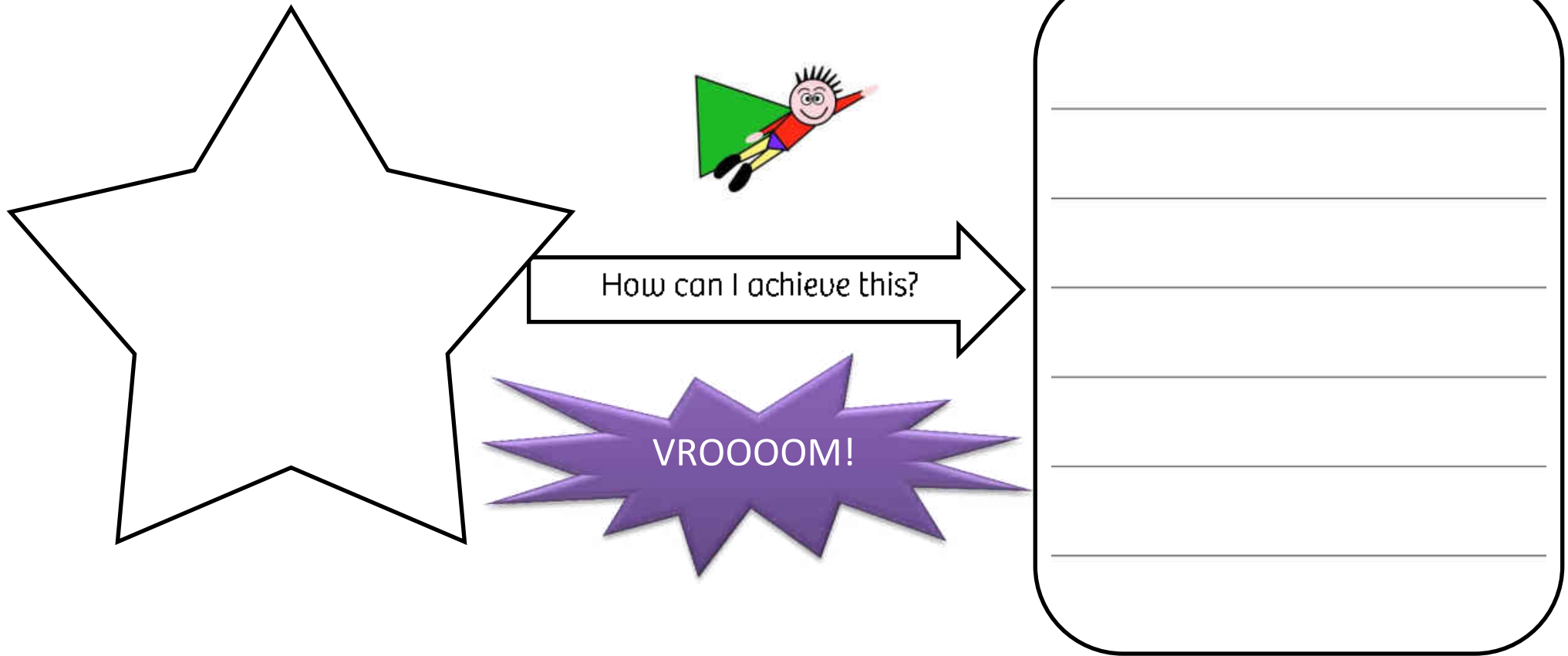
Superhero logos

Superheroes have a logo which represents them. What would your logo be? Design your logo below.



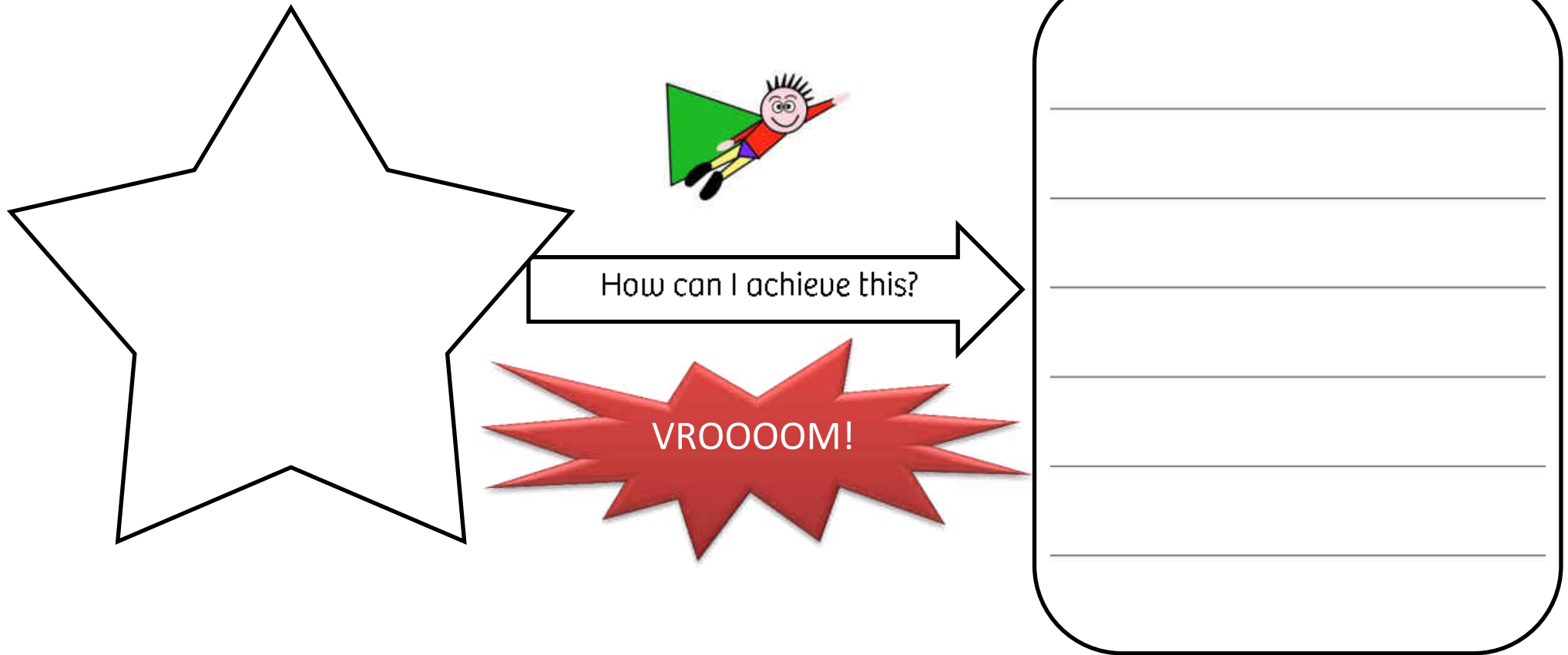
Superheroes do have to practice their superpowers to get better. Think about a goal or aim for today. Something you want to get better at. By the end of the day you will have achieved it so think carefully about something that you could achieve by the end of the day.

What is my SUPER goal for today?



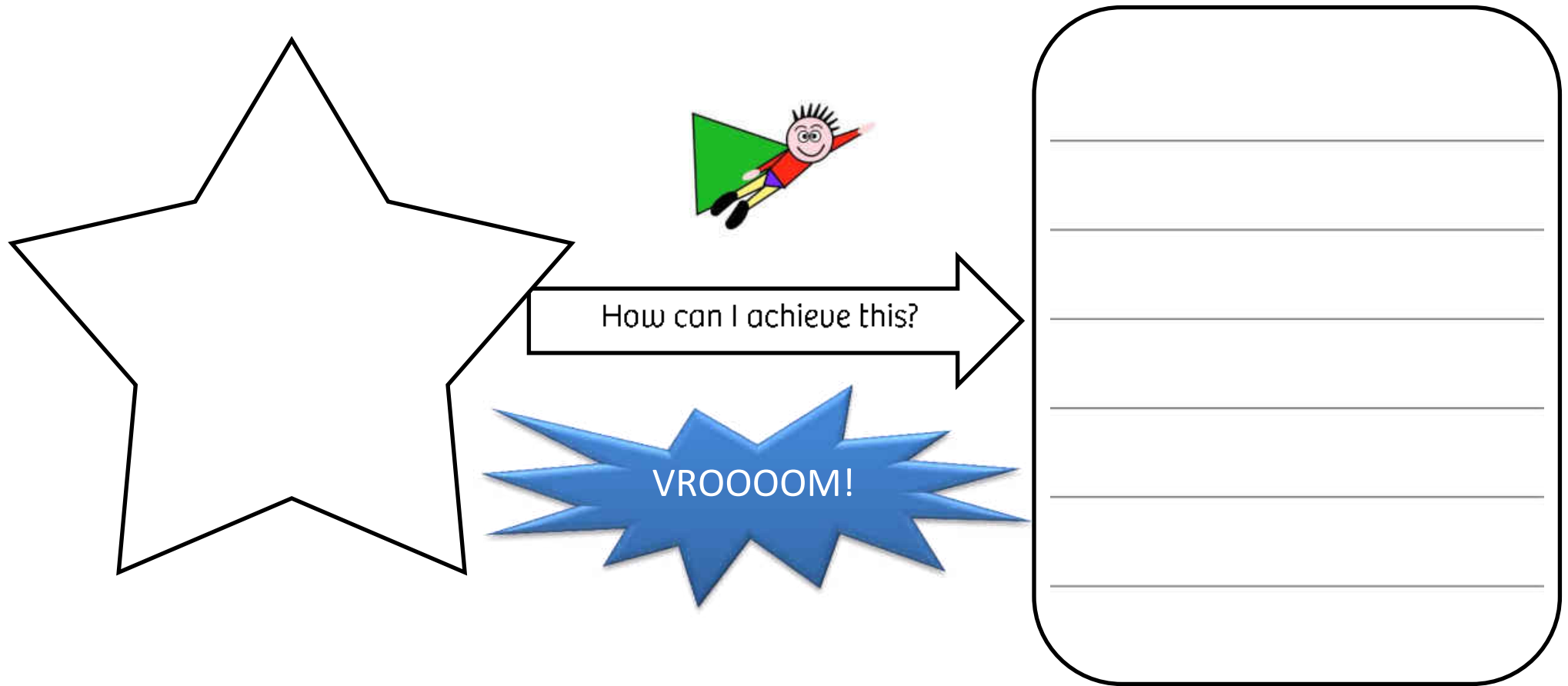
Superheroes do have to practice their superpowers to get better. Think about a goal or aim for this week. Something you want to get better at. By the end of the week you will have achieved it so think carefully about something that you could achieve by the end of the week.

What is my SUPER goal for this week?



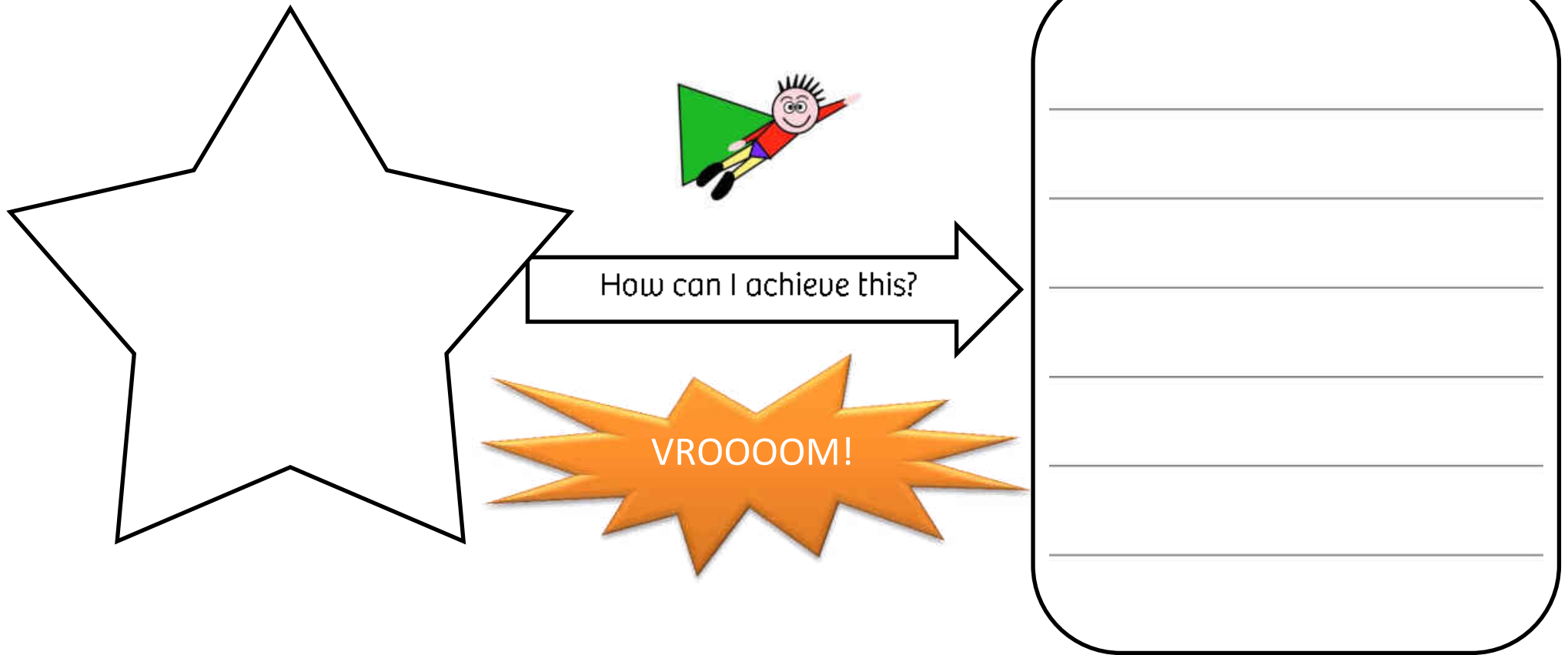
Superheroes do have to practice their superpowers to get better. Think about a goal or aim for this month. Something you want to get better at. By the end of the month you will have achieved it so think carefully about something that you could achieve by the end of the month.

What is my SUPER goal for this month?



Superheroes do have to practice their superpowers to get better. Think about a goal or aim for this year. Something you want to get better at. By the end of the year you will have achieved it so think carefully about something that you could achieve by the end of the year.

What is my SUPER goal for this year?



Helping others Superheroes constantly help others. Every day they are saving lives, helping people to do things and getting rid of villains. How can you help others? Helping other people can actually make you feel really good about yourself. It might make you feel proud and you might get a lovely warm glow inside of you. What can you do to help other people? Over the next few days think about the things you have done or that you could do to help others and write the things down in this table.

Name of the person	What did I do to help?	How did I feel?
		
		
		
		

I hope you have enjoyed working on this book.

From now on you are going to be super confident, feel happy and think highly of yourself.

You are a SUPERHERO!

