

# Super Buddies



Recognise and celebrate the important people in your life by identifying their values and character strengths. Use creativity to transform one of these people into a "Super Buddy," a character that embodies their strengths and positive influence.



## Learning Intentions

### Recognise Important Relationships

Students will identify and reflect on the significant people in their lives, recognising the values and character strengths that make these individuals important to them.

### Develop Creative Expression

Students will use creative thinking and design skills to transform the qualities of a significant person into a "Super Buddy" character, effectively communicating these strengths through art.

### Appreciate and Celebrate Positive Influence

Students will appreciate and celebrate the positive influence of others in their lives by sharing their "Super Buddy" character and discussing the importance of these relationships with their peers.



## Success Criteria

### Completion of Buddy List and Strengths

Students have successfully identified five significant people in their lives and listed the values and character strengths they admire in each of them.

### Creative Design of Super Buddy

Students have designed and illustrated a "Super Buddy" character that effectively represents the strengths and positive qualities of their chosen individual, using creativity and attention to detail.

### Participation in Sharing and Reflection

Students have actively participated in sharing their "Super Buddy" with the class and engaged in a group reflection on the importance of recognising and celebrating the positive impact of others in their lives.



# Super Buddies



## Objective:

Recognise and celebrate the important people in your life by identifying their values and character strengths. Use creativity to transform one of these people into a "Super Buddy," a character that embodies their strengths and positive influence.

## Materials Needed:

- Printed worksheet with sections for listing buddies, their values, and character strengths.
- Blank paper for drawing or designing the Super Buddy character.
- Pens, pencils, markers, and coloured pencils for writing and illustrating.
- Optional: Craft materials for creating a 3D version of the Super Buddy.

## Setup:

- Preparation:** Distribute the printed worksheet to each student, along with blank paper for their Super Buddy design.
- Introduction:** Explain the concept of a "buddy" and how important people in our lives can have a positive influence on us. Introduce the idea of a "Super Buddy" as a creative way to honour these individuals by turning their strengths into superpowers.

## Game Play:

### Buddy List Creation (10 minutes):

- Identify Your Buddies:** Ask students to create a list of five people in their lives who mean the world to them. These can be friends, family members, or people they look up to.
- List Values and Strengths:** For each buddy on the list, students should identify and write down the values and character strengths they admire. Examples might include kindness, courage, honesty, perseverance, or creativity. You may want to do a brainstorm as a class first to create a list of values and character strengths.

### Super Buddy Creation (15-20 minutes):

- Choose Your Number One Super Buddy:** Students choose one person from their list to become their "Number One Super Buddy."
- Character Design:** Encourage students to get creative and design a character that represents their Super Buddy. This could be in the form of a superhero, an animal, or any imaginative creation that embodies their buddy's strengths and powers.
  - Character Details:** Students should consider how the Super Buddy's strengths translate into superpowers. For example, if their buddy is known for kindness, their Super Buddy might have the power to spread joy and healing.
  - Illustration:** Students can draw their Super Buddy on blank paper, adding details about their appearance, powers, and how they use these powers to be an awesome human.

# Super Buddies



- **Optional 3D Creation:** If materials are available, students can use craft supplies to create a 3D version of their Super Buddy.

## Sharing and Reflection:

- **Presenting the Super Buddy:** Allow students to share their Super Buddy with the class, explaining why they chose this person and how their character represents the values and strengths they admire.
- **Group Reflection:** Discuss how recognising the strengths of others can inspire us to develop our own strengths. Encourage students to think about how they can be "Super Buddies" to others.

## Debrief:

- Conclude with a discussion on the importance of gratitude and admiration for the people who support us in our lives. Highlight how creativity can be a powerful way to express appreciation and acknowledge the positive impact others have on us.

## Follow-Up:

- Consider making this an annual or recurring activity where students update their Super Buddy list as they grow and develop new relationships. You might also explore how students can be Super Buddies to others in their lives, using the strengths they identified to support and uplift those around them.

This game encourages students to reflect on the positive influences in their lives and use creativity to express appreciation and admiration in a fun and meaningful way.

# Super Buddies



Create a list of five people in their lives who mean the world to them. These can be friends, family members, or people they look up to.

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

For each buddy on your list, please identify and write down the values and character strengths you admire about that person. Examples might include kindness, courage, honesty, perseverance, or creativity. You may want to do a brainstorm as a class first to create a list of values and character strengths.

# Super Buddies



**Choose Your Number One Super Buddy:** Please choose one person from your list to become your "Number One Super Buddy."

**Character Design:** Now its time to get creative and design a character that represents your Super Buddy. This could be in the form of a superhero, an animal, or any imaginative creation that embodies your buddy's strengths and powers.

