

My Superpowers



This activity helps students reflect on their unique skills, values, and character traits, encouraging them to recognise and celebrate their personal strengths. By identifying their "superpowers," students gain self-awareness and confidence.



Learning Intentions

Encourage Self-Reflection and Self-Awareness:

Students will reflect on their personal skills, values, and character traits, gaining deeper self-awareness and understanding of their unique strengths.

Promote Confidence and Positive Self-Image:

Students will celebrate their abilities and character strengths, fostering confidence and encouraging a positive self-image by recognising their "superpowers."

Develop Creativity and Self-Expression:

Students will creatively express their personal strengths by designing a superhero character that represents their unique qualities, allowing for imaginative self-expression.



Success Criteria

Completion of a Superpower List:

Students thoughtfully identify and list their personal skills, values, and character strengths, demonstrating self-reflection and awareness of their unique qualities.

Creation of a Superhero Character:

Students successfully design and draw a superhero character that represents their strengths, creatively incorporating elements that symbolise their skills and values.

Positive Sharing and Celebration of Strengths:

Students confidently share their superhero creations and superpowers with the class, contributing to a supportive environment where individual strengths are celebrated and acknowledged.



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Objective:

This activity helps students reflect on their unique skills, values, and character traits, encouraging them to recognise and celebrate their personal strengths. By identifying their “superpowers,” students gain self-awareness and confidence.

Materials:

- Paper or notebooks
- Pens or pencils
- Coloured pencils or markers (for the extension task)

Setup:

- Ensure each student has space to write and draw.

Step 1: Identify Your Superpowers

1. Make Your List:

- Think about everything you’re good at—your personal “superpowers.” On your list, include the following categories:
 - **Skills:** What skills do you have? Are you good at certain subjects, sports, or musical instruments? Do you have hobbies or excel at chores?
 - **Values:** What values make you a superhuman? For example, kindness, courage, honesty, empathy, respect, and determination. (You can provide a list of values for students to choose from.)
 - **Unique Talents:** Do you have any special talents that others might find difficult?
 - **Character Strengths:** What qualities help you succeed in life? Think about how you treat others and how these strengths guide your actions (e.g., patience, resilience, optimism, leadership).

1. Reflect on Your Superpowers:

- After making your list, take a moment to reflect on how each of these qualities helps you navigate daily life. How do your superpowers make you unique?



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Step 2: Extension Task – Create Your Superhero

1. Draw Your Superhero Character:

- Using your list of superpowers, draw and create a superhero character of yourself.
- Your superhero can have special outfits or accessories that represent your unique skills, talents, values, and character traits.
- Be as creative as you like—this superhero is YOU, powered by everything that makes you amazing!

1. Showcase Your Superpowers:

- In your drawing, label each part of your superhero with your powers and strengths. For example:
 - A cape representing leadership.
 - A shield symbolising kindness.
 - Super speed for resilience.

Final Reflection:

Celebrate your unique qualities and recognise that, as a one-of-a-kind person, your superpowers allow you to succeed and positively impact the world around you. Just like a superhero, you have the power to make a difference every day!

Note:

Please encourage students to share their superhero creations and discuss their superpowers with the class. This is a fun way to boost confidence and celebrate each individual's strengths.



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Think about everything you're good at—your personal “superpowers.” On your list, include the following categories:

Skills: What skills do you have? Are you good at certain subjects, sports, or musical instruments? Do you have hobbies or excel at chores?

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Values: What values make you a superhuman? For example, kindness, courage, honesty, empathy, respect, and determination.

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Unique Talents: Do you have any special talents that others might find difficult?

A large, empty rectangular box with a light gray background and a thin black border, intended for writing a list of unique talents.

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Character Strengths: What qualities help you succeed in life? Think about how you treat others and how these strengths guide your actions (e.g., patience, resilience, optimism, leadership).

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Reflect on Your Superpowers:

After making your list, take a moment to reflect on how each of these qualities helps you navigate daily life. How do your superpowers make you unique?

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