

Superpower Strengths

WRITTEN

To help students recognise and celebrate their unique qualities and strengths while encouraging them to think about how they can use their abilities to help others.



Learning Intentions

I can identify and appreciate my unique strengths:

This encourages students to reflect on their personal abilities and recognise what makes them special.

I can express my strengths creatively:

This helps students communicate their qualities through imaginative activities like drawing and storytelling, fostering creativity and self-expression.

I can think about how to use my strengths to help others:

This teaches students to consider how they can apply their strengths to positively impact the world around them, fostering empathy and social awareness.



Success Criteria

I can identify one strength that makes me unique:

This ensures that students recognise their personal qualities and strengths, focusing on positive self-reflection.

I can creatively express my strength by drawing myself as a superhero:

This allows students to use their imagination and creativity to illustrate their strengths, helping them visualise their unique abilities.

I can explain how I can use my strengths to help others:

This encourages students to think beyond themselves and consider how their abilities can be used to benefit others.



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Objective:

To help students recognise and celebrate their unique qualities and strengths while encouraging them to think about how they can use their abilities to help others.

Players:

Perfect for small groups, classrooms, or family settings.



Materials:

- Paper
- Crayons, markers, or colored pencils

Setup:

Provide each child with a piece of paper and access to crayons, markers, or colored pencils. Ensure they have space to draw themselves as a superhero.

Activity:

1. Write About Your Strengths:

Ask the students to think about something they are really good at, whether it's a skill like drawing, running, or being a good friend. Have them write about their strength on the paper.

2. Draw Yourself as a Superhero:

After writing about their strength, students will draw themselves as a superhero, using their unique strength as their superpower. For example, if they're really good at helping others, they could draw themselves with a "helping hands" power!

3. Reflect on How to Use Your Strengths:

After drawing, students will think about how their strength can help others. Encourage them to write or share one way they can use their superpower to make someone else's day better.

Reflection Prompt:

- How does it feel to use your strengths?
- How can you use your strengths to help others?
- Why is it important to recognise your strengths?



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Winning the Game:

There is no winner in this activity. The goal is to celebrate each student's unique abilities and inspire them to use their strengths for positive impact.

Family or Classroom Variation:

If in a group setting, students can share their superhero drawings and strengths with the group, creating a "Superpower Wall" where everyone's strengths are displayed and celebrated.

Additional Notes:

Superpower Strengths helps students develop a sense of self-confidence by focusing on their unique abilities. It encourages positive self-reflection and inspires empathy by thinking about how their strengths can help others. This activity promotes creativity and reinforces the idea that everyone has something special to offer.

