

Super Buddies



The goal of Super Buddies – Family Edition is to recognise and celebrate the important people in your life by identifying their values and strengths. Then, using creativity, transform one of these individuals into a “Super Buddy” character that showcases their superpowers, thereby fostering gratitude, self-expression, and positive connections.



Family Objects

Recognise Important Relationships:

Family members identify and reflect on the significant people in their lives, recognising the values and strengths that make these individuals special.

Develop Creative Expression:

Everyone uses their creativity to transform a chosen person into a “Super Buddy” character, illustrating how that person’s positive qualities can become superpowers.

Appreciate and Celebrate Positive Influence:

This activity encourages sharing and celebrating the positive impact of important people, fostering gratitude and deeper connections within the family.



Success Milestones

Completion of Buddy List and Strengths:

Family members successfully list five significant people and note the values and character strengths they admire in each, demonstrating thoughtful reflection.

Creative Design of Super Buddy:

Each participant creates and illustrates a “Super Buddy” that embodies the strengths of their chosen person, using creativity and attention to detail.

Participation in Sharing and Reflection:

Everyone actively shares their Super Buddy creation with the group and engages in discussion about the importance of recognising and celebrating positive influences in their lives.



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Objective:

The goal of Super Buddies – Family Edition is to recognise and celebrate the important people in your life by identifying their values and strengths. Then, using creativity, transform one of these individuals into a “Super Buddy” character that showcases their superpowers, thereby fostering gratitude, self-expression, and positive connections.

Players:

- Suitable for individuals, families, or small groups.
- Ideal for group activities, classroom sessions, or family gatherings.

Materials Needed:

- A printed worksheet with sections for listing buddies, their values, and strengths.
- Blank paper for drawing or designing your Super Buddy character.
- Pens, pencils, markers, and coloured pencils for writing and illustrating.
- Optional: Craft materials (such as glue, construction paper, or clay) for creating a 3D version of your Super Buddy.

Setup:

1. Preparation:

- Distribute the printed worksheet and blank paper to each participant.
- Ensure everyone has access to writing and drawing materials.

2. Introduction:

- Explain the concept of a “buddy” and discuss how important people can positively influence our lives.
- Introduce the idea of a “Super Buddy” as a creative way to honour these individuals by turning their strengths into superpowers.

Gameplay:

1. Buddy List Creation (10 Minutes):

• Identify Your Buddies:

Ask each participant to create a list of five people who are important to them. These might include family members, friends, or mentors.

• List Values and Strengths:

For each buddy, write down the values and character strengths you admire (for example, kindness, courage, honesty, creativity, or perseverance).

Consider doing a short brainstorming session together to generate ideas.



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2. Super Buddy Creation (15–20 Minutes):

- **Choose Your Number One Super Buddy:**

Select one person from your list to transform into your Super Buddy.

- **Character Design:**

Use your creativity to design a character that represents your Super Buddy. This character could be a superhero, an animal with extraordinary abilities, or any imaginative creation that reflects your buddy's strengths.

- **Character Details:**

Think about how the qualities you admire can translate into superpowers. For example, if your buddy is known for their kindness, maybe your Super Buddy has the power to heal or spread joy.

- **Illustration:**

Draw your Super Buddy on blank paper. Feel free to add details about appearance, special powers, and how these powers help them make a positive difference.

- **Optional 3D Creation:**

If you have craft materials available, create a 3D version of your Super Buddy to showcase your creative vision.

3. Sharing and Reflection:

- **Present Your Super Buddy:**

Invite participants to share their Super Buddy with the group or family. Explain who your Super Buddy is, why you chose that person, and how your character represents the positive qualities you admire.

- **Group Reflection:**

Discuss how recognising the strengths of others can inspire us to develop our own qualities. Talk about the positive influence these important people have on our lives.

- **Debrief:**

Conclude with a discussion on the importance of gratitude and how expressing appreciation through creative projects can strengthen relationships.

4. Follow-Up:

- Consider making this a recurring activity—updating your buddy list and Super Buddy creation as you grow and your relationships evolve.
- Explore ways to be a Super Buddy to others by using the strengths you've identified to support and uplift those around you.

Additional Notes:

Super Buddies – Family Edition is a fun and meaningful way to reflect on the positive influences in your life. By creatively expressing what makes these people special, you not only celebrate their impact but also foster gratitude, self-awareness, and stronger family bonds. Enjoy the process of designing your Super Buddy, sharing your creation, and recognising the superheroes in your life!

