

# My Super Self-Shield

WRITTEN

To empower students to express their strengths and individuality through a hero-style astronaut shield that will be sewn into their spacesuit before they travel into space. Just as Jupiter glows brightly with self-belief, this activity allows students to recognise their inner confidence and celebrate the traits that make them powerful in their own way.



## Learning Intentions

**I can think about what makes me strong and special:**

This encourages self-reflection and builds a sense of self-worth.

**I can use shapes, colours, and drawings to show my strengths:**

This supports creativity and helps students express identity through art.

**I can be proud of my super self and celebrate my confidence:**

This nurtures personal pride and the courage to be seen.



## Success Criteria

**I can create a superhero shield with symbols that show who I am:**

This helps students visualise their unique traits and talents.

**I can explain what each part of my shield means:**

This develops confidence in sharing personal meaning and ideas.

**I can show or talk about my shield with others:**

This encourages connection and respectful listening in the group.



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## Objective:

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## Players:

Ideal for 4–26 students working individually, with optional group sharing.

## Materials:

- A4 or A3 paper (with or without a blank shield template)(A shield template has been provided for you in the PDF resource section)
- Coloured pencils
- Optional: gold stars, stickers, shiny paper, glue, scissors

## Time Required:

15–20 minutes

## Setup:

Read the Jupiter page from *The Playful Astronauts* together. Remind students that Jupiter represents confidence and that today they'll be creating a "Super Self Shield" to show their strengths, imagine that their shield will be sewn into their space suits before they blast off into space.

Explain that each student's shield will be different because we all have our own superpowers.

## Gameplay:

### Step 1 – Design the Shield:

Provide students with blank shield outlines or plain paper. Invite them to think about:

- What makes you feel strong or brave?
- What are you good at or proud of?
- What makes you special?

Students can draw symbols or pictures in sections of their shield. Some ideas include:

- A heart for kindness
- A lightning bolt for energy
- A book for being a good learner
- A sun for being positive
- A rocket for being brave

They can also decorate the shield with colours that make them feel bold and proud.



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## Step 2 – Optional Sharing Circle:

Invite students to sit in a circle and hold up their shields. They can say:

- “This is my Super Self Shield.”
- “I put in a star because I’m good at helping.”
- “This colour shows I’m strong and brave.”

## Step 3 - Optional Wearing of their shields:

If you use a shield template that is smaller in size you can cut out each student's shield and either pin or tape them to the students' school uniforms or clothing they have on, just like an astronaut does to their space suit prior to lift off!

## Winning the Game:

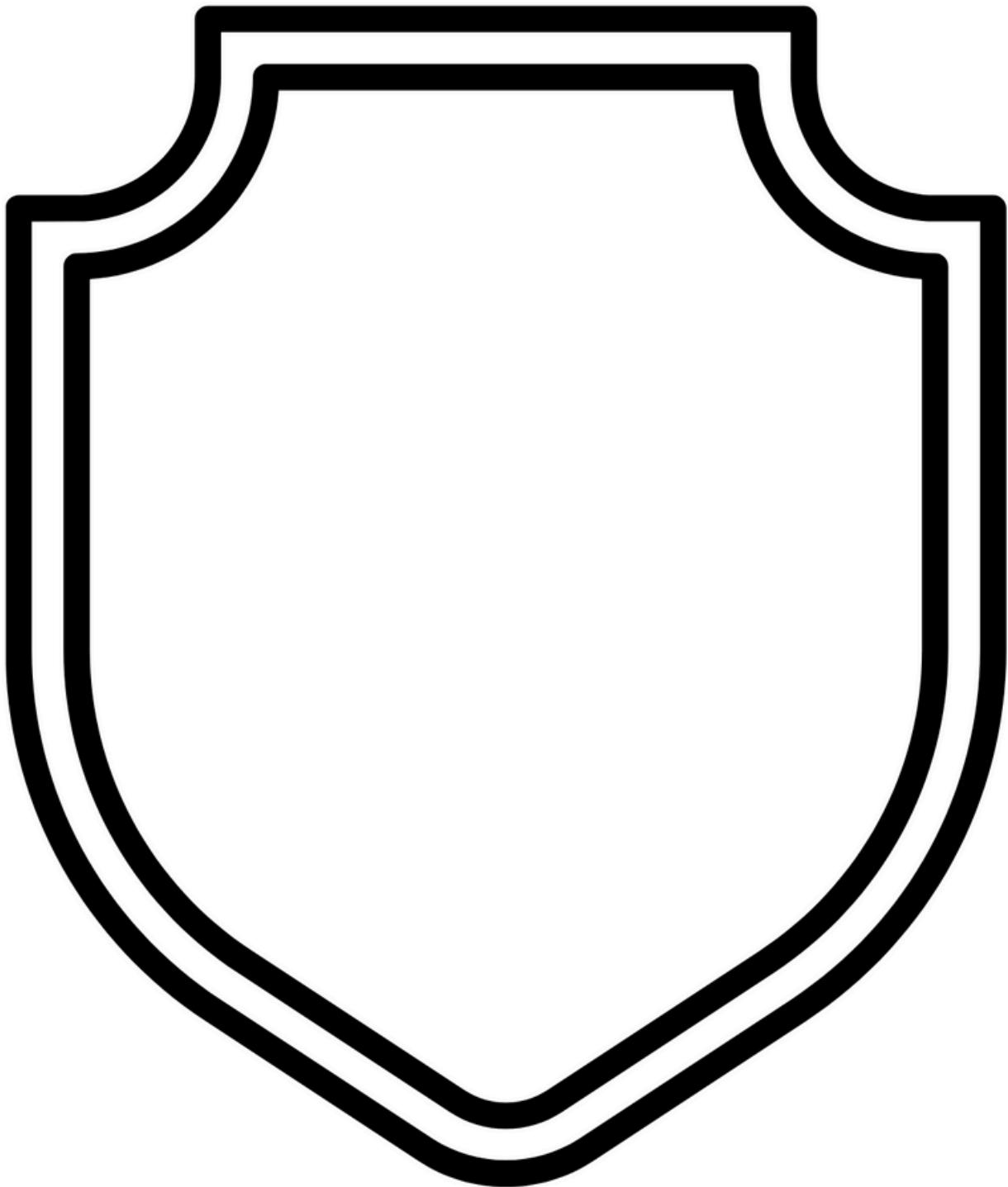
There is no winner. Every student who takes time to reflect and create is already shining. Like Jupiter's torchlight, this activity reminds us that our strengths are always worth celebrating.

## Additional Notes:

“My Super Self Shield” encourages young learners to embrace their confidence, notice their strengths, and express their identity proudly. Jupiter, the planet of power and growth, reminds us that every student has a light worth sharing, and this activity helps them carry that light with pride.



# SUPER SELF SHIELD



# POWER POSE CHALLENGE

INSTRUCTION: PRINT AND CUT OUT THE POWER POSE CARDS. USE THEM DURING GROUP TIME TO LET STUDENTS TRY OUT FUN, CONFIDENT POSES.

