

Kooth Activity Sheet



ENERGY LEVEL:
Grounding



NO. OF PEOPLE:
1+



ESTIMATED TIME:
30mins

Be your own superhero

ACTIVITY OBJECTIVE:

To help young people recognise their positive attributes and how they can use them to support themselves and others.

INSTRUCTIONS:

1. Ask young people to think about their positive qualities - i.e. being kind, caring, or a good listener. Have them write down all the qualities they can think of.
2. Give young people mask sheets and paper to make costumes. Have them use the template to make a mask, cut out wide strips to make bracelets, and any shape they'd like to make a shield.
3. Have them write down their positive qualities on their paper superhero costume.
4. Decorate the costumes with pens, stickers, feathers, cotton, wool, etc.
5. Add elastic or a strip of card to the mask to hold it in place. Tape bracelet ends together, and use a strip of card on the back of the shield to make a handle.
6. End with discussion questions: What is your superhero like? What does it mean to be your own superhero?

MATERIALS REQUIRED:

1. Paper or card
2. Coloured pens
3. Scissors
4. Sellotape or glue
5. A piece of elastic
6. Things to decorate your superhero costume; stickers, sequins, glitter, etc.



Get free, confidential mental health support at go.kooth.com/6w7x

At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.

