

# Session 1

Superhero Talk Questions	Follow-Up Support
<p>Hello, friends! This is the home of our superhero training and this is our Power Circle! In this powerful circle, we all grow our superpowers to become even stronger and more confident. Who loves SUPERHEROES? Who here wants to have superpowers?</p>	<p><i>Welcome your kids! Create a safe space by getting the kids to feel excited, comfortable and joyful by using a playful tone and superhero noises.</i></p>
<p>To ensure that every one of us can grow our superpowers, we need to agree to be kind and respectful to one another in this special space. What are 3 things we can do to show kindness and respect to one another?</p>	<p><i>Encourage kids to create their own superhero code! This code is the glue that holds your special tribe of superheroes together, and so, everyone needs to agree to keep and follow it. (Ideas for the superhero pact: respectfully listen to one another, choose to use positive language, encourage one another affirming their unique ideas). Take note of these 3 agreements for future sessions.</i></p>

	<p>Who is your favorite superhero? Why?</p>	<p><i>Introducing superheroes and setting the tone!</i></p>
	<p>What are their superpowers?</p>	<p><i>Let kids fly with their imaginations and freely talk about their favorite superheroes! Kids will bring up fictional references, just play along with them and ask follow-up questions.</i></p>
<p><b>1</b></p>	<p>If you could have any superpower, which one would you want? Why?</p>	
<p><b>2</b></p>	<p>What qualities make superheroes so special?</p>	<p><i>SHIFT: To positive qualities of their character: Strong, Confident, Powerful</i></p>
<p><b>3</b></p>	<p>What do superheroes have in common?</p>	<p><i>Use the POWords poster as a reference during the conversation and hold it up for kids to see.</i></p>
<p><b>4</b></p>	<p>What do you have in common with superheroes?</p>	
<p><b>5</b></p>	<p>What other qualities do you have that are different from these?</p>	<p><i>Funny, kind, friendly, etc</i></p>

# Session 1

6	<p>How do superheroes know they have superpowers?</p> <p>They know they have this inner power!</p> <p>To acknowledge their inner power is a superhero secret!</p> <p>All superheroes know that they have special powers.</p>	<p><i>They just KNOW, they USE them, they FEEL it. It is NATURAL for them.</i></p>
7	<p>What would happen if a superhero did not know about his powers?</p>	
8	<p>Could they do all of the cool stuff he or she does?</p>	<p><i>To acknowledge and see their power is very important.</i></p>
9	<p>Where do you think superheroes get their powers from?</p>	


10	<p>All of your answers are so great! The first secret that all superheroes know is that they have an inner power!</p> <p>AND... superheroes know is that they connect to their powers with...their minds!</p>	
11	<p>What do you think superheroes think or say to themselves to feel POWERFUL?</p>	<p><i>Share a scene from a superhero movie in which the superhero was afraid, scared, or nervous about an upcoming challenge. Then, highlight how that superhero overcame it by reconnecting with his/her inner power.</i></p>
12	<p>Do we have these inner powers too?</p>	<p><i>Yes! We all have them.</i></p>
13	<p>Now, everyone close their eyes and visualize their favorite superhero. Got him or her in your mind?</p>	<p><i>Keep your eyes closed and imagine that you are that superhero! On three, open your eyes and sit tall and confident, just like your favorite superhero would.</i></p>

# Session 1

14	Let's read all of our POWords out loud together at the same time as positive affirmations. On 3, we will all say, "I am + POWord" for each of the words on the poster.	<i>For example, I am powerful! I am confident! I am strong!</i>
	Remember, just like superheroes we all have a great power inside! We can connect to it with our minds!	

**POWords:** *Powerful, Respected, Important, Strong, Resilient, Unique, Confident, Smart, Brilliant, Positive, Worthy, Brave, Daring, Enough, Proud, Love*

**Friendship Pact**  
3 POWords + Fun Gesture



**Tips**

- ✓ As you gather everyone together, use POWords to affirm everyone.
- ✓ A big smile, kind hi-five, and positive affirmations will go a long way in helping everyone get excited to join in on the group cheer!

**Share the Following with Your Superhero Family**

*You are wonderful superheroes, be proud of yourselves! Let's make a secret friendship pact that we can use anytime we want to boost our powers!*