

We can all be heroes

Group activity worksheet



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Developing an emotionally intelligent school involves commitment, time, and planning. VisionWorks teaching programmes systematically build emotional intelligence and profoundly improve the climate for learning.

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Written by teachers for teachers

We can all be heroes!

Peter Parker is quiet and shy. He works as a photographer for the Daily Bugle. He doesn't stand up for himself and he never knows what to say to girls.

But...

He has hidden powers!



continued

We can all be heroes continued

Peter Parker is Spiderman!

When he puts on his super-hero costume he is confident, daring and witty.



The costume gives him a new identity.

We can all be heroes continued

When terrorist planes crashed into the twin towers of New York on 11th September 2001, killing thousands of people and wounding many others, ordinary people found superhuman strength as they rushed to help.

Many put their own lives at risk in their efforts to help others and extraordinary rescue stories came to light.

One artist, Alex Ross, was so impressed that he painted this picture to show that Superman is insignificant compared with the real people who used their inner strength to perform miracles.



Alex Ross. Superman and the heroes of September 11, 2001

Superman is physically smaller and looking up at the real heroes, the citizens of New York: firemen, police, doctors, nurses, the man in the street. So many people became superheroes when they were needed.

We can all be heroes continued

We tend to forget that we carry this amazing inner strength around every day. We don't need a costume or a mask to hide behind; we simply need to remember it is there.

So... Lonely?
Isolated?
Feeling left out?
Wish you had someone to talk to?

SUPERFRIEND will help!

Superfriend, your inner strength, will give you the support you need when you need it.

Do you: Know the answer but are afraid to put your hand up?
Want to do an activity but not sure you have the ability?
Feel nervous?
Feel unsure?

Confidence Girl/Boy will help you to believe in yourself!

We can all be heroes continued

Actions

1. Call on the hero inside yourself and you will be amazed by what you can achieve!



And you don't even need the costume.

2. Research on the internet, in newspapers, or in your library to find an example of an ordinary person who has achieved something outstanding.

Bring your example to the next session to discuss with your buddy or whole group.

Thank you to Andy Sayles of The Corsham School for these ideas.