

YOU ARE A SUPERHERO! (LEVEL 3)

Description	Learner will gain a greater understanding of their emotions to create better social relationships
Leading Question	How can I become the best version of myself and change the world?
Total Time Required	60 mins/day over 3 days
Supplies Required	Journal or Paper & Pen, Mat or thick cloth (only if available), Paper bag or big piece of paper, pair of scissors, a string
Learning Outcomes	<ol style="list-style-type: none"> 1. Social Emotional Learning 2. Building Self-Confidence 3. Social-Awareness
Previous Learning	None

DAY 1

Today you will gain a greater understanding of yourself and learn about emotions.

Suggested Duration	Activity and Description
5 minutes	<ul style="list-style-type: none"> • How are you feeling? Are you happy, sad, anxious, etc? You can use the Defend Innocence Emotions Wheel in the appendix to help you out.
15 minutes	<ul style="list-style-type: none"> • Energizing Game: • Super Crab and Super Bear Race • Set up two lines on both sides of the room. You will need some players to join for this fun race.



Bear Walk

Crab Walk

- Have some individuals line up on a line on one side. They will “bear” walk over to the other side, and the others will crab walk back.
- Let’s see who can cross the finish line first!

10 minutes

- Do you have a favorite superhero? Who is your favorite superhero? What do you like about your favorite superhero?
- What does it mean to be a superhero?
- Definition: A superhero is a made-up character or person who is super strong, brave, has superpowers, tremendous courage and strength. Ask the learner(s) to reflect on what it means to be a superhero.
- Do you know that you are a superhero? What are your superpowers (things you are good at doing)?

10 minutes

- What is a superhero?
- Can you identify people in your community you think are superheroes? What do they do?
- Over the next three days, you will be in Superhero Academy to become the best superheroes you can!
- First thing you have to do as superheroes is to build up your strength through the following exercises:
- **Plank**
- Lie face down on the ground with your hands lined with your shoulders. Then straighten your arms with your toes grounded to the floor, making your body into a straight line. Hold your body still and strong for as long as you can!



- **Squats**
- Begin in a squat, then bring hands up overhead and pretend to lift a car with all your might!



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5 minutes

- **Batman Breath:**
- As you inhale, open your arms to the side bent at the elbow to make your arms into bat wings and lift one knee up. As you exhale, bring your hands together in front of you as if closing your wings around you and place your foot back on the ground. (x3)



- **Wonder Woman Breath:**
- On the inhale, hold one hand over your head and pretend to spin a rope. As you exhale, pretend to throw the rope.

35 minutes

- **Superhero Flow:**
 - **Crescent Moon Pose:** Superheroes need to learn how to fly. Start by standing with both feet on the ground. Start in a lunge with your hands up, and then bring one hand down to the floor and try to lift the back leg up. Lift the top arm up to the sky as we practice flying! Switch Sides.
 - **Flying Pose:** Let's see if our practice of flying really helps us fly. We lift one leg back and open our wings to the side like a bird. Repeat on the other side. Tie on your cape, let's take off. Allow learners to fly around the room.



- **Flying Low:** Lie on your belly on your mat. See if you can fly while lying on the floor (Locust Pose). This pose makes our backs super strong. Lift arms and legs with an inhale. Try to keep legs together and bring your upper body off the ground one more inch. Come down on an exhale.
- Superhero pose: Make up your own pose!
- **Spiderman Super Sense**
- Come to a comfortable sitting position in a circle. You will need several players to form a circle. Use an object like a flower, leaf, or pom pom.
 - Pass the object around to all players first, but with your eyes closed so you can feel it. Notice what it feels like and imagine it in your mind.
 - Pass the object around the circle, but now with eyes open. Notice what it looks like, the color, the shape, the bumps and curves of the object.
 - Choose a person to be Spiderman.
 - Spiderman leaves the circle and closes his eyes while someone hides the object under their bottom.
 - Spiderman is asked to take a breath and imagine where the item may be. With this sense activated, can he locate it?

5 minutes

- Mindful Moment:
- Sit in a comfortable position and gently close your eyes.
- Focus on your breath by inhaling for 10 counts and exhaling for 10 counts.
- Repeat this 3 times.
- By counting the breaths your mind is solely focused on this activity.
- Make 3 goals of how you would like to make the world a better place.

5 minutes

Goal Setting: Over the next three days, you will build a concrete plan to change the world and how you will become a better version of yourself. Today, make at least three goals for how you would like to make the world a better place.

- What are some of the ways you can help other people live better lives?
- What are some of the bad things you see happening in your community or in the world that you would like to change?

Some examples of goals are:

- Helping other people who are maybe struggling in areas that you are strong in
- Not fighting and helping stop friends who are fighting each other
- Better waste management and recycling/reusing of plastics
- Stop bullying and teasing others
- etc

Write out at least three goals in your journal

10 minutes

Reflection: Educator/parent meets with the learner(s) and have them reflect on the following questions:

- What have you learned from today's activities?
- What do you remember the most from today's activities?
- How do you plan to make use of this new knowledge in your life?
- What do you still have some questions about?

Educator/parent ensures to respond to any questions the learner(s) may still have on the emotions they learned about.

DAY 2

Today you will learn how to properly manage and express your thoughts and emotions in a healthy way.

Suggested Duration

Activity and Description

10 minutes

- What did we learn yesterday? What did you remember the most from yesterday?
- Now that you have the ability to identify your emotions, do you have the power to calm and manage the big emotions?
- Today you will learn how to properly manage and express your thoughts and emotions in a healthy way.

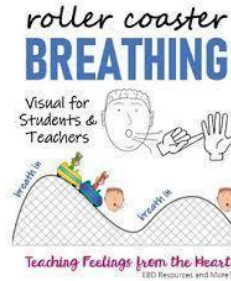
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- **Follow the Leader's Shakes:** The educator directs the learner to shake a particular part of the body. Shake your arm, for example. Do this several times to energize the body. Reflect on areas you wish to improve and set some goals.
 - Think about how you can achieve those goals.

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- What are some of your strengths? What are some of the things you are good at doing?
 - Spend some time reflecting on your strengths. Imagine that these are your superpowers.
 - Now, reflect on what are some of the areas that you are not yet good at? What are those areas you wish to improve in? Set some goals. Think about how you can achieve those goals. Can you think of people who have this strength and can help you as you work on improving in those areas, perhaps someone you thought of in yesterday's opening exercise?
 - Write down some thoughts in your journal.

5 minutes

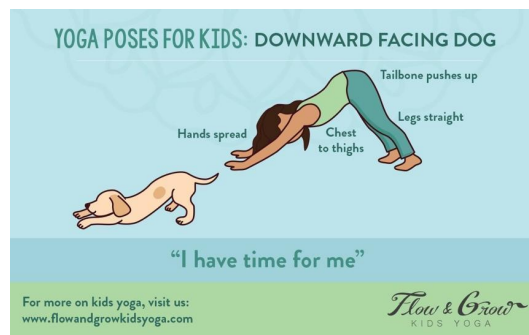
- **Breathing/Meditation Exercise**
 - Think about the good times in your life and the challenges you have faced. How did you overcome those challenges?
 - Reflect on how you were able to overcome those challenges and do the following short exercise.
 - **Roller Coaster Breath**
 - Hold out your hand with your fingers outstretched. Place your pointer finger from your other hand at the bottom of your thumb. Inhale as you slowly bring your pointer to the top of your thumb and exhale as you move your pointer down your thumb.
 - As your pointer finger traces your hand, imagine as if your finger were going up and down the rails of a roller coaster.
 - Repeat with every finger.
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- You can even make sound effects to exaggerate the breath as you do this exercise!

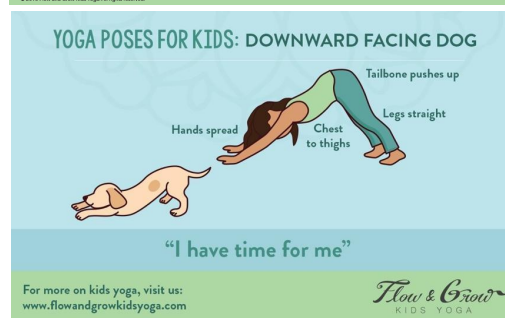


35 minutes

- Create a place within yourself that involves strengthening your ability to turn inward.
- We will practice strengthening our [core today](#).
 - Start with your hands and knees on the floor then move to a cat pose by turning your back upward into an “n” shape and then go into a cow pose by arching your back downward. → On the inhale, lift your right leg and left arm, and on the exhale, bring your knee to your elbow. Repeat twice and switch the legs. Finally come into a downward dog by straightening your legs while your hands are touching the ground and your body is in an inverted “V” shape



- Next, walk out the downward dog position and come into a mountain pose by standing up straight with your hands down and palms forward and open at the back of the mat. Repeat 3 times.



- Next, on the inhale, bring your right leg up, and on the exhale bring your knee to your nose. Then inhale and take your leg back, exhale and bring your knee to the right elbow. Next, on the inhale take your leg back, and on the exhale, bring your knee across the chest to the left elbow (repeat with your left leg)
- Sit on the mat, prepare for boat pose by lifting your legs and extending your arms



- Get into a reclined butterfly to wind down by bending your knees then making your feet touch and opening your legs

5 minutes

- Sit in a comfortable position and gently close your eyes.
- Focus on your breath by inhaling for 10 counts and exhaling for 10 counts.
- Repeat this 3 times.



- By counting the breaths your mind is solely focused on this activity.
- Read the goals you wrote down yesterday, and make an action list of how you will reach the goals.

10 minutes

Re-introduce Mindfulness - being aware of your thoughts, feelings, bodily sensations, and surrounding environment through a gentle and nurturing lens. You can mention that when you practice mindfulness, your thoughts focus solely on what you are sensing in the present moment.

Mindful Moment: Sit in a comfortable position and gently close your eyes. Focus on your breath by inhaling for 10 counts and exhaling for 10 counts. Repeat this 3 times. By counting the breaths your mind is solely focused on this activity.

Goal Refinement: Read the goals on how to make the world a better place that you wrote in your journal yesterday. Make actionable items of how you will reach that goal.

- Thinking about the goals you set yesterday, what can you do about them? Who can you contact or speak to do something about them?

For example:

Goal	Action point
Stop bullying and teasing others	Ensure that I do not tease or bully others as it makes them feel bad about themselves Report all the friends who are bullying or teasing others to teachers or school authorities

10 minutes

Literacy extension: Choose one of the issues you have written about, research more about it either on the internet or through interviews with your parents or adults in your community or both. What causes this issue? Why is it a big issue in the community or in the world? What can be done to stop it and make the world a better place?

Then write a one-page essay detailing everything you have learned about this issue.

Reflection: Educator/parent meets with the learner(s) and have them reflect on the following questions:

- What have you learned from today's activities?
- What do you remember the most from today's activities?
- How do you plan to make use of this new knowledge in your life?
- What do you still have some questions about?

Educator/parent ensures to respond to any questions the learner(s) may still have on the emotions they learned about.

DAY 3

Today you will learn about social relationships and how to create a more peaceful society.

**Suggested
Duration**

Activity and Description

- What did we learn yesterday?
- Yesterday we learned that it is OK to be upset, and that you can manage those big emotions to calm down when upset. Understanding how your actions can make others feel is very important in all of your relationships. Can you think of a time that you did something kind for someone that made them very happy? What about a time you did something that was very hurtful to someone?
- Today you will learn about social relationships and how to create a more peaceful society.

10 minutes

- **Mirror Game:**
- Stand in front of someone else and begin moving your arms, legs or head in different positions.

- Whoever starts is the leader, after a while switch the leader to the other person.
- Congratulations! Today is your last day at Superhero Academy, and you are ready to make the world a better place! Reflect on how you want to make a difference.
- For the goals you wrote down in the past two days, add a timeline on when you hope to take action on each of the goals. E.g.,

Goal	Action point	Timeline
Stop bullying and teasing others	Ensure that I do not tease or bully others as it makes them feel bad about themselves Report all the friends who are bullying or teasing others to teachers or school authorities	Immediately/next week etc.

- Write down the timelines as well as any other thoughts you have about these goals in your journal.

5 minutes

- **Superman Breath**
- As you inhale, make both of your hands into fists at your side. As you exhale, bring one arm out in front of you as if you were flying. Repeat twice.



- **Flash Breath**
- As you inhale, slowly lift one arm bent at the elbow, and the opposite leg also bent at the knee (as if you are running). As you exhale, slowly lower your arm and leg to the ground. Repeat on the other side and as necessary.



35 minutes

- Start with [yesterday's flow](#).
- **Partner breathing**
- The parent/educator asks the learner to sit back to back.
- Once sitting back to back, close your eyes and focus internally on your breath. Breathe deeply for at least 5 rounds.
- Notice how your breath syncs with that of your partner. Try breathing fast, slow, and in various ways together.
- Focus question: What did you notice about doing this exercise with a partner? Were you able to still keep the focus on your own breathing?

10 minutes

- You have completed your personal training at the Superhero Academy! Congratulations
- In your journal, state your name, your superpower, and how you are going to make the world a better place! Challenge yourself to draw what you are feeling. If you feel comfortable sharing with your friends and family, please do.

10 minutes

Reflection: Educator/parent meets with the learner(s) and have them reflect on the following questions:

- What have you learned from today's activities and the whole project?
- How do you plan to make use of this new knowledge in your life?
- What do you still have some questions about?

Educator/parent ensures to respond to any questions the learner(s) may still have on the things they learned about.

ASSESSMENT CRITERIA

- Observation and Interactions

ADDITIONAL ENRICHMENT ACTIVITIES

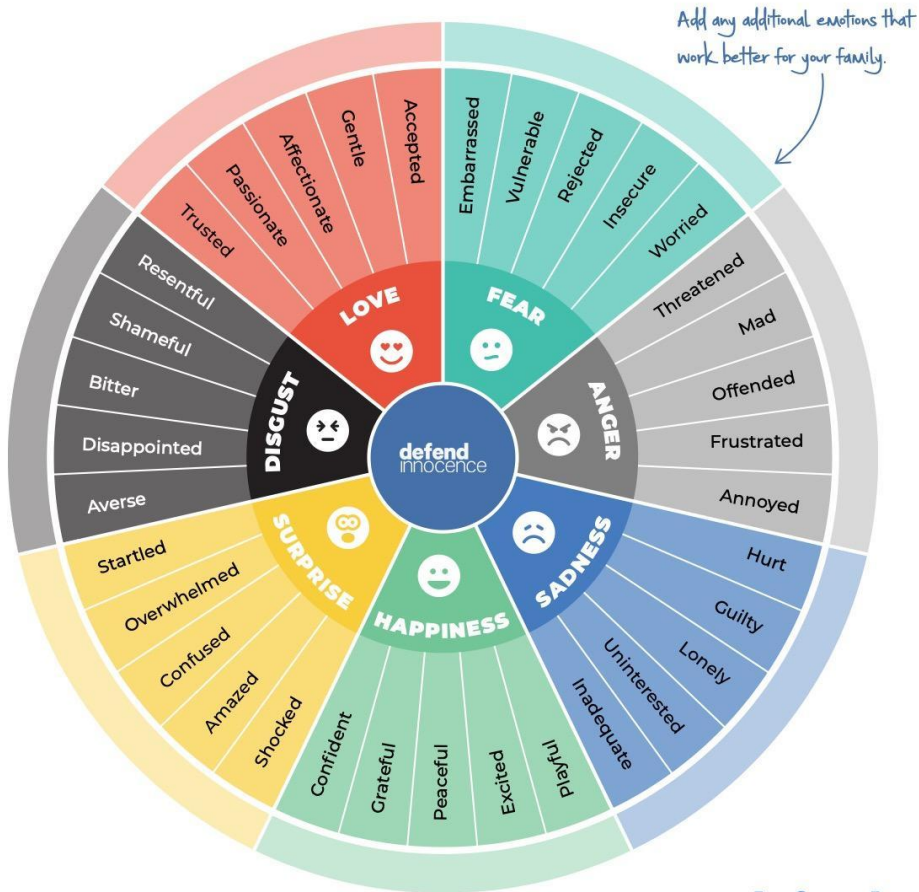
- Draw yourself as a superhero and write what type of superpowers you want.
- What would you like to do better? What do you want to improve in your superhero?

WHEEL OF EMOTIONS

WHEEL OF EMOTIONS

Help your kids learn to identify their feelings with this emotion wheel.

Start with the inside wheel for younger kids, then move to the outer wheel as they get older to help them understand their emotions better.



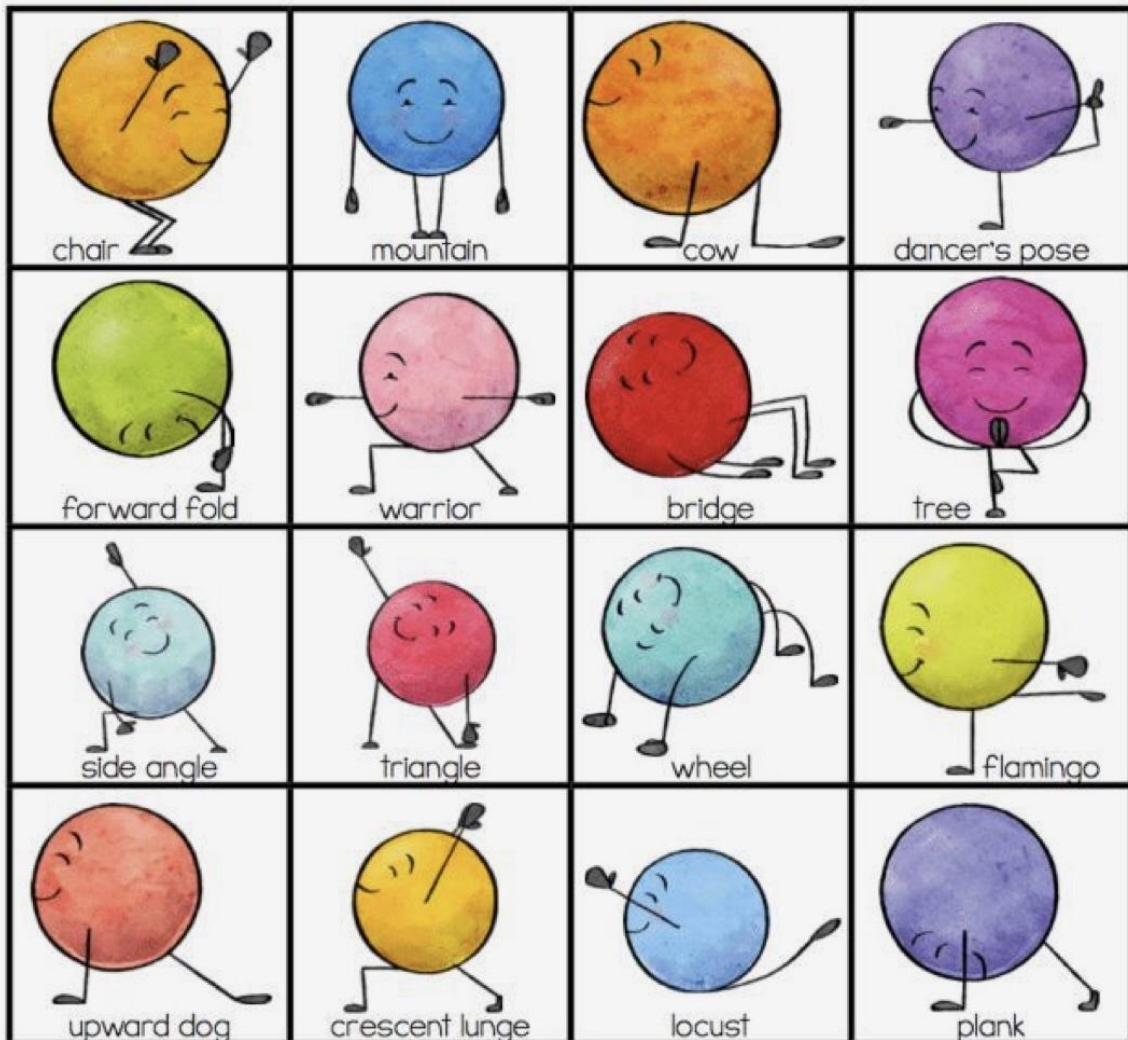
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