

BREATHE



Resilience is being able to stand strong in whatever we may face and to grow through it.



# MY SUPERHERO POWERS



When I worry about stuff, get angry or sad, I can say or do the following because *I am in control of my thoughts and actions.*

- 1 I can sing "I think I can, I think I can!"
- 2 Think optimistically about my goals, dreams, and wishes for the future
- 3 Talk with my best friend
- 4 Exercise, Run, Jump
- 5 Read a book or write a story
- 6 Help someone
- 7 Count slowly from 14 to 7
- 8 Dance, Sing, Hum
- 9 Give myself a hug
- 10 Give someone a hug
- 11 Stand on my head or do a handstand
- 12 Hold my Mom, Dad, Tatamkulu, Ugogo or brother or sister's hand
- 13 Do something fun like play soccer or build a puzzle
- 14 Lay on the ground and place my hands on my belly. Take a big inhale and exhale and feel my belly rise and fall
- 15 My favorite is: I smile big, smell the air and say "I breath in, I calm my body, I breath out and smile"
- 16 Listen to my favorite songs or music



**Remember, no one can make you mad or angry without your permission. You are in control of your actions. You are in control of your thoughts.**

My Superhero Powers resilience chart was designed and edited by Lara van der Walt, Amy De Raedt, Tarryn Rennie, and Karla Cordero. Content & concept by Paul Sutherland. Parents, teachers, caregivers, learners, and grandparents can copy or share freely if credit is given to the creators of *My Superhero Powers*. Contact paul@paulhsutherland.com. This resilience chart is STEPi approved.

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