



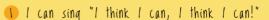
MY SUPERHERO POWERS

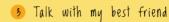


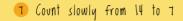


When I worry about stuff, get angry or sad, I can say or do the following because I am in control of my thoughts and actions.



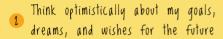


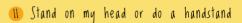






12 Hold my Mom, Dad, Tatamkulu, Uqoqo or brother or sister's hand



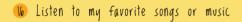








Lay on the ground and place my hands on my belly. Take a big inhale and exhale and feel my belly rise and fall

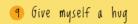




10 Give someone a huq

8 Dance, Sing, Hum

4 Exercise, Run, Jump





13 Do something fun like play soccer or build a puzzle

My favorite is: I smile big, smell the air and say "I breath in, I calm my body, I breath out and smile"



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.

