



LESSON PLAN: Superhero Affirmation

Topic: Wellness and Mental health

Subject | Stream

Health
Language
Literacy
Vocabulary
Well-Being

Grade

Primary (K-3)
Junior (4-6)

Objectives:

- To gain skills around collaboration and communication by sharing individual ideas of what a Superhero is.
- To increase vocabulary when learning new words to describe what a Superhero is.

Brief Summary: This activity is for children to learn more about Superheroes, every day and real-life heroes and discovering their inner hero.

Background Information: This lesson plan reminds students that Superheroes are found everywhere; among family, friends, neighbours (everywhere), and that all you need to do to be a Superhero is to be the best that you can be. The power to make the world a better place is inside all of us.

Resources and Materials:

- An open space for students to spread out.
- Flip Chart or a board to write a list of positive affirmation words.
- Colouring page: Students to fill in the sign with a positive affirmation.
 - Print enough pages for the size of your classroom.
- A reading of the book “Superheroes Are Everywhere” by Kamala Harris:
<https://www.youtube.com/watch?v=oU4tVXU3dt0>
 - Alternatively, if you have another book about real life Superheroes or a book that encourages positivity will also work for this lesson.





Activity Instructions:

Step 1: Start the activity by ask students “Who is ready to be a Superhero?”

Step 2: Play the video “Superheroes Are Everywhere” by Kamala Harris.

Step 3: Dialogue with the students around the qualities that make up a Superhero (i.e.) strong, capable, powerful etc.). “Do you know who else is strong, capable, and powerful? And then tell them that all of them are.

Step 4: With the students, create a list of positive affirmations and words. Words like extraordinary, loving, awesome, caring, confident, grateful, etc.). This will give students a chance to express their thoughts and words they come up with.

This will be a great way for them to also learn new vocabulary words. Questions prompts:

- Can you think of a Superhero word?
- What makes you strong like a Superhero?

Step 5: Time to become a Superhero. Ask students to stand in a circle with their hands on their hips and look straight ahead for 30 seconds and say “I am capable” or “I am confident.”

Now look around the room – “You are all Superheroes! You are all capable! You are all strong! You are all extraordinary!”

Step 6: Students to sit back down at their tables / desks with the colouring sheet.

Choose one positive affirmation or word from the list that they relate to or is their favourite and write it in the box of the Superhero colouring sheet.

Colour the rest of the colouring sheet.

