

Be a Super Hero



KAPOW



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10SEND-VI-Sen

Activity created by



EdShift

ACT OUT/SPEAK UP

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What is your Superpower?

Choose 1 word to go with your Superpower.

This is your superhero name!

Now try your Superpower Pose!

To look more powerful:

- Push your chest out
- Pull your shoulders back
- Head high
- Stretch your arms and legs wide

BOOM

Now say:

I AM POWERFUL!

I AM BRAVE!

I AM WONDERFUL!

Can you think of 3 more?

Choose one that makes you feel SUPER!