

Welcome to 2018! Let's start the New Year with confident individuality!

In this plan we are going to create our alter ego super-selves! These will be who we *want* to become in moments of difficulty, crisis or everyday life. What strengths will boost your confidence? What abilities would you like to project in challenging situations?

Think of Clark Kent vs. Superman. One is strong, powerful and takes on the villains of society; the other is intelligent, quiet and humble, however Clark Kent WAS superman. He transformed himself when challenged to become his super-self.

Let's find our super-selves!

Strength and Resilience Activity Plan

1. The first step is to break the creative ice
 - a. Three reflection questions
 - b. Take a peek at some super-self abilities
 - c. Check out some super-self strengths

2. The second step is to put together your super-self
 - a. What is your super-you name?
 - b. What is your super-you ability?
 - c. What is your super-you strength?

3. Last but not least you can create your super-self style
 - a. What is your super-you color?
 - b. What does your super-you wear?
 - c. What will likely motivate your super-you to be revealed?

4. Like Clark Kent, turn into your super-you whenever the moment arises!
Remember your super-self is always with you.

Ready? Let's go! Follow along page by page for details on becoming super-you!
Print out the whole activity plan for you, a loved one or a group of friends!

Breaking the ice: Reflect on the topics below and let your imagination run wild!

What are you hoping for yourself and others in 2018?

Are you going into the New Year with a positive outlook?

What do you consider to be your strongest character trait?

When you've let it all out, let's keep rolling along with two sets of super qualities:

Do you see your super-self with one of these super abilities?

- Character strengths – capacities for thinking, feeling, willing, and behaving
- Talents – our innate abilities such as crafting, dancing or a musical ability
- Skills – abilities developed through training such as a particular trade or skill
- Values – beliefs that are important to you such as valuing hard work or family
- Learning style – how you approach and learn something new
- Resources – external strengths such as a safe space or a good family

Do you see your super-self with one of these super strengths?

- Mental Strength – wisdom, knowledge, creativity, curiosity, critical thinking
- Emotional Strength – courage, bravery, perseverance, honesty, enthusiasm
- Social Strength – love, kindness, compassion, connection, encouragement
- Civic Strength – justice, teamwork, loyalty, fairness, leadership, participation
- Self Strength – awareness, forgiveness, humility, self-control, introspection
- Spiritual Strength – meaning, appreciation, gratitude, hope, humour, faith

Now we're really warming up our super-selves, ready for the next step?



Choose one or more super colours, or pick your own:

Red and passionate

Purple and creative

Green and earthy

Pink and loving

Blue and calm

Yellow and joyful

Black and elegant

Brown and stable

Choose your super outfit and accessories below, or pick your own:

A tailored suit

A special hat

A leotard and cape

A glow in the dark cane

A beautiful dress

A pair of racing shoes

A comfy pair of pyjamas

A powerful pen

Choose a super motivator, or pick your own:

A lack of loving-kindness

Family tradition

Self-defence

Righting a wrong

Patriotic duty

Public service

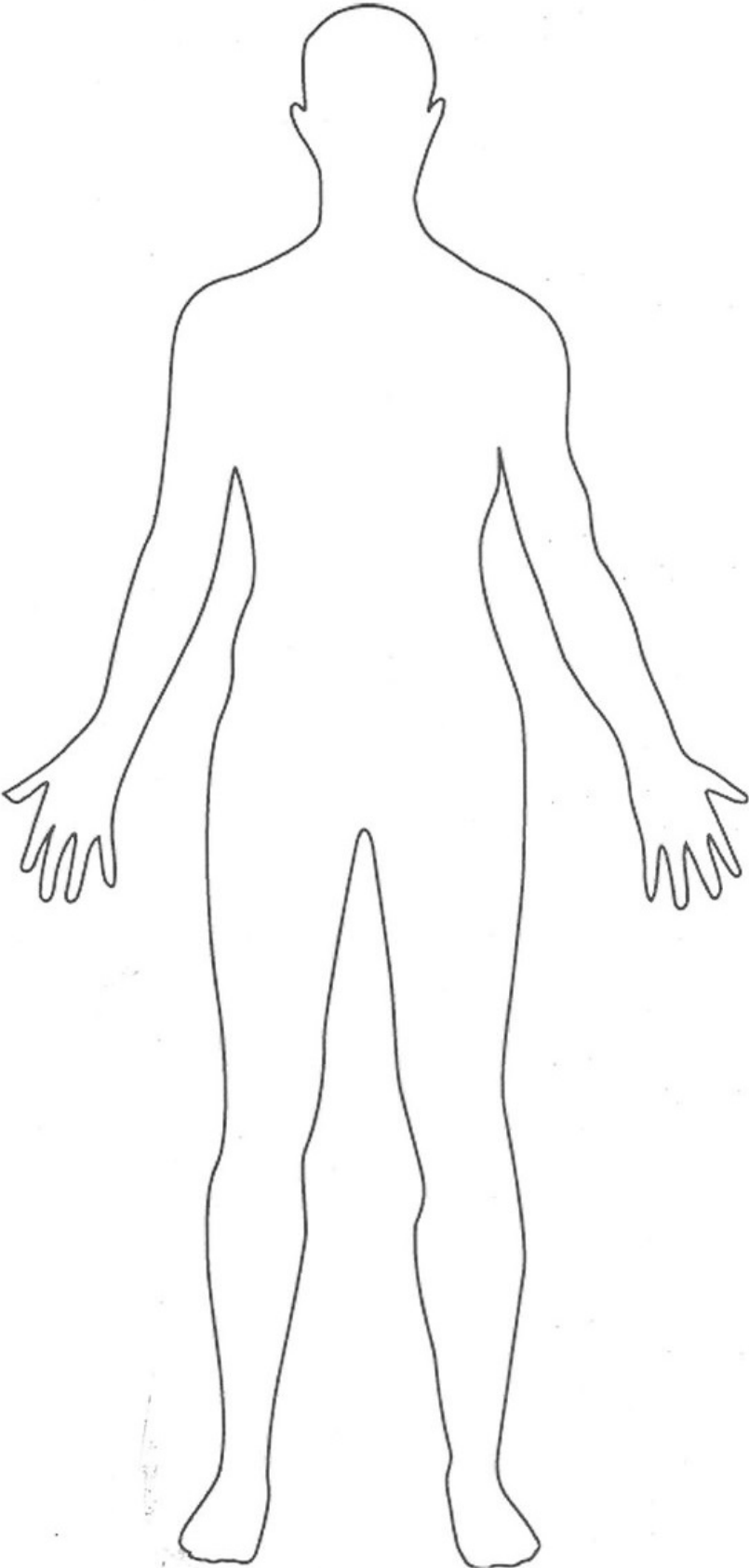
Rebellion

Compassionate action

All that's left is filling out your super-self on the next page and practicing your big reveal!

Thank you for playing along! Stay involved with TEMTNT for future activities!

Introducing Super _____



Here are some of my
super-qualities
