



Superhero
Me

Are you a lockdown legend?

What makes people brave?

- Do you think some people are just born brave?
- Or does everybody have the ability to be brave?
- Can you think of a time that you were brave?





Which of these people do you think is brave?
What makes them brave?



What makes people brave?

Being willing to try new things and aim high.

Being strong on the inside. Having self-belief.

Knowing others care about them and are rooting for them.

They might still be afraid, but they won't let fear stop them.

Having the capacity to ask for help from those around them – knowing they're not alone.

Knowing what they're good at and using it to their advantage.

Understanding the things they're not so good at but not letting this hold them back.



We all find some things difficult and will all feel sad, scared or worried at times.

All over the world people are finding themselves in new situations because of coronavirus and are feeling like this.

BUT, being brave and picking ourselves up again is an important skill that will help us hugely when times are tough.

There is a word to describe this idea of 'bouncing back' and not letting things overcome us....does anybody know it?

Let's guess the word!

Resilience

You can think of it as

bouncebackability

Try saying it! Have you got it?

YES! You're all Lockdown superheroes, whether you're at home learning with your family on Teams or in school in a different classroom with different friends.



What makes a hero.?



*You might think a hero wears a cape
Tied around their shoulders with a bit of tape.
Superpowers like flying high,
Who never feel the need to cry.*

*But those children who stay at home,
Unable to wander and roam.
Occupying themselves in a new routine,
Behind their doors where they can't be seen.*

*Are every bit heroes to our nation.
Their resilience, optimism, and determination,
To help the coronavirus disappear.
Soon there will be hope not fear.*

*So heroes stay strong and proud.
The sun is behind every cloud.
It won't be long before your work is done,
And you will be back at school having lots of fun.*

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How to be resilient at home or in school

- Understand areas of your learning that you are good at and use them.
- Don't be put off by challenges but find ways to overcome them.
- Have self-belief – you're great!
- Have high aspirations. Challenge yourself to do your very best.
- **Remember** that you are not alone and that people are here to support you. Being brave can sometimes mean asking for help.
- **Resilience is not about being tough, but managing how you feel.**



kind

funny

daring

amazing

What are your special superhero qualities?

organised

creative

brave

thoughtful

caring

patient

Your Challenge today is to create your superhero profile.

Challenge 1: Draw yourself as a superhero and write your special qualities and talents around it.

Challenge 2: Add a fun fact about yourself and draw yourself on a cartoon adventure!

PSHE Challenge 1 Tuesday 2nd February 2021

Superhero Me

Name: _____

PSHE Challenge 2

Superhero Me

Name: _____	Fact: _____ _____ _____
Superhero qualities:	
1 _____	_____
2 _____	_____
3 _____	_____
4 _____	_____
5 _____	_____

Comic strip:
