

MY SUPERHERO

Stop bullying in a single bound

Materials: Worksheet copies, large sheets of paper (one per youth), various art supplies like markers, colored pencils, crayons, stickers, glitter and glue, timer

Directions: Read the worksheet, complete the activity and discuss as a group.

What important quality sets a superhero apart from the crowd? The ability to fly? To crawl up skyscrapers? A cool outfit?

What distinguishes a true superhero is compassion. When a superhero sees someone in need, they act.

With superheroes, it's not about their powers. It's about their character. It's about standing up for what is right.

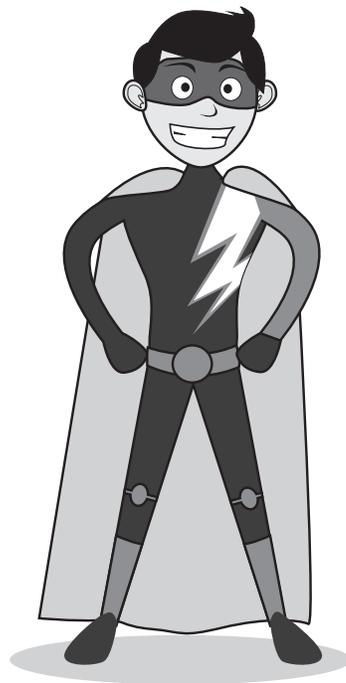
Today, your job is to draw a superhero who's able to "Stop bullying in a single bound"! Let's begin.

ACTIVITY INSTRUCTIONS

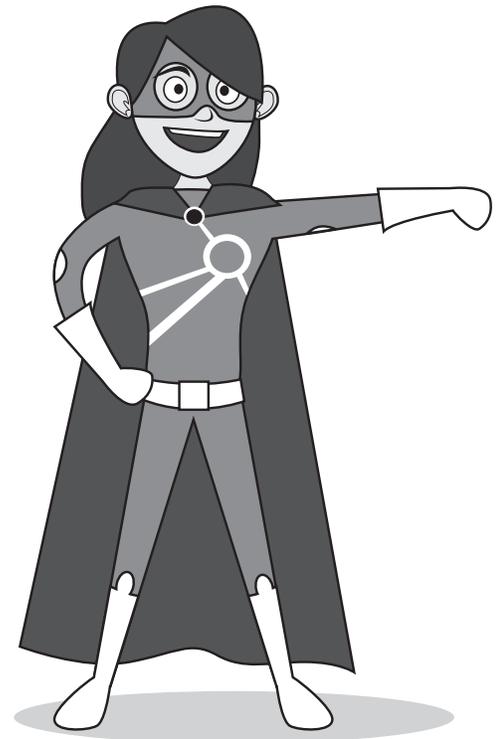
- 1 On your sheet of paper, draw and decorate a superhero using the art supplies.
- 2 Name your superhero and write it at the top of the drawing. On the side, list the attributes of your superhero — those qualities that allow the superhero to stand up to bullies. You'll have 10 minutes to draw and write.

(Set the timer for 10 minutes.)

- 3 When the timer sounds, we'll share our superheroes and some of their qualities. Let's discuss skills that can stop bullying behavior the next time we encounter it.



HEROIC
NEAR-SIGHTED
FUNNY
CARING



BRAVE
FUN
TALL
FAST TYPER