

# The A to Z of Heartfulness

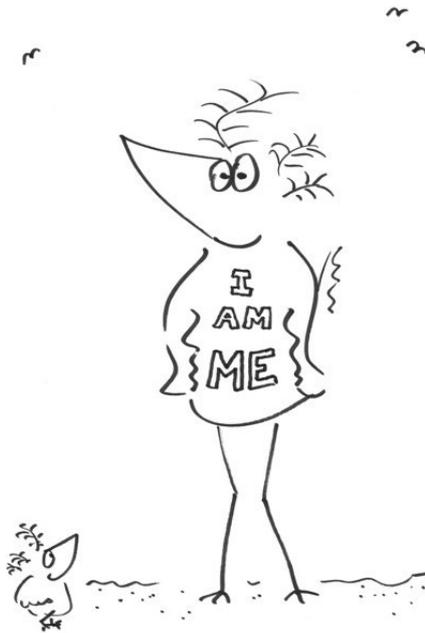
## S is for Superhero

I want to be confident.  
I want to be seen.  
I don't need to be shy.

I can be a superhero!

Standing straight, I feel tall.  
Hands by my sides, I feel brave.  
Feet apart, I feel strong.  
Chin up, I feel proud.

I don't need a cloak,  
Or a cape,  
Or a mask.  
I can just be  
ME



## ACTIVITY GUIDE – S is for Superhero KS1/KS2

**Theme:** Self-empowerment

**Objectives:**

- To use posture to instil a sense of self-confidence and wellbeing
- To be aware that posture can influence how we feel
- To create a superhero
- To write a short poem or description of the superhero's superpower

**Activity**

- 1) **How are we feeling when...?** Ask the children to guess how you are feeling from certain postures – you can walk hunched. Head downcast. Stand up straight. Smile.
- 2) Invite the children to copy your postures and notice how each posture makes them feel. Discuss.
- 3) Before **reading the poem**, ask the children to think of some situations in which people would like to feel brave, they can share their ideas.
- 4) Read the poem and demonstrate the posture as you read.
- 5) Now invite the children to join in as you re-read the poem.
- 6) **Art activity** – Each child can invent and draw a superhero character or use collage materials to create one.
- 7) **Writing follow up:** Encourage the children to write a few lines to describe the superhero's power. This can take the form of a poem for older children.
- 8) **Conclude the session** with sharing, making the children aware that superheroes can be in all shapes and sizes, and as the poem shows, we can be superheroes without capes and masks, just by standing tall.

\*This activity can be used for the Citizenship Curriculum Key stage 1 and 2