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Activity 4.3: Superhero Cartoons

Approximate Time: 30 minutes

Objective: To learn how to bring stories and situations to a positive conclusion.

Materials: Create a cartoon worksheet on the following page.

Directions:

- Using the worksheet provided on the paper, draw a cartoon in which the superhero you created has a conflict with the villain you created.
- You will make the cartoon a story using these two characters.
- Share cartoons; help students bring their stories to a positive conclusion using statements from the group lists created above.
- How much conflict was involved in each cartoon?
- Did it just arise naturally?



Lesson 9

Activity 9.1: Super Friends: Boosters and Busters

Approximate Time: 30 – 45 minutes

Objective: Understand the rewards and consequences of standing up for friends.

Introduction: Superman™/Clark Kent, Lois Lane and Jimmy Olsen are friends. Batman™/Bruce Wayne and Robin™/Dick Grayson are friends. Spiderman™/Peter Parker and Mary Jane Watson are friends. They stand up for each other and help each other through good times and bad times. Let's explore some characteristics of good and bad friendships.

Think about your best buddies.

- What qualities do they have that you really like?
- What kinds of skills do they have that help you in some way?
- What common interests do you have?
- Do you have any common goals?

Materials: journals, pencils.

Directions:

- Begin writing a list in which each sentence begins with, "A good friend is...."
- See if you can come up with at least 10 sentences about positive friendships.
- Now think about what kinds of things can hurt a good friendship.
- Have any of your friends ever hurt your feelings?
- Have any friends made you feel left out?
- On the other side of the paper, write at least 10 sentences that begin with, "A friend buster does this."
- Are there any similarities between friendship busters and bullies?
- Do you always act one way or the other with your friends, or do you act differently at different times.

Discussion: There are two kinds of bullying. The first is aggressive bullying or direct bullying. Methods of direct bullying include hitting, kicking, throwing things at someone, threatening, teasing and calling names.

The second kind of bullying is indirect or passive bullying. Some methods of this kind of bullying include asking someone else to do the dirty work for you, not including someone on purpose, cyber-bullying or email attacks, whispering secrets to someone when another person is watching and being excluded, and making up or spreading rumors. Can you think of more examples for each type of bullying? Make a class list.

- Before solutions can be found, the emotional heat must be reduced. Use S.U.P.E.R. as a way to slow down and think before you react.

Super Resolution Buster Ideas

- Disagreeing with someone is disrespectful.
- People won't like you if you disagree with them.
- In a conflict, one side always ends up winning, the other side losing.
- Disagreeing with someone is putting them down.
- You can't be friends after a disagreement.

Super Resolution Behaviors Buster

- Disowning, disguising or denying your feelings. Example: "I don't feel angry," or "It was only a joke."
- Don't judge feelings, either yours or someone else's. Example: "You shouldn't feel that way...."
- Don't act out your feelings in a negative or destructive way. Examples include hitting, yelling, punching, throwing things, making threats.

Whiz Kid's Laser Vision Glasses

Approximate Time: 20 minutes

Objective: To understand that emotions change during conflict.

Materials: Tag board or file folders, tissue paper in various colors, scissors, glue, glasses template on next page.

Directions:

- Using the laser vision glasses template have students color and cut the glasses out.
- Precut different colors of tissue paper according to the template, so the tissue paper fits into the glasses.
- Have students think about what color different emotions remind them of. For example: What color is happiness to you? What about Sadness? Worrying? Silly? Embarrassed? Shy? Afraid? Angry?
- Have students lightly tape the colored tissue paper into the glasses so that it can be changed over and over again. Using the emotions listed above, talk about how it feels to see the world through various colors of emotion.
- Which color laser glasses do you think superheroes wear?
- What color glasses do you think villains wear?
- If someone is laughing at you what color would you wear? Why?
- If you were to be involved in a conflict what color would you wear? Why?
- If you were a bystander what color would you wear? Why?

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Section 6: Relaxation & Guided Imagery

Approximate Time: 15 minutes for each exercise.

Objective: To provide time for relaxing and reflecting on the program and using guided imagery for self-empowerment.

Visualization can be the most empowering technique of all. Let's face it, there is so much crammed into the typical school day, it's no wonder students are restless, fidgety, agitated and prone to bad choices in behavior. Relaxation techniques or guided imagery can be a small safe haven in the day, a time when the mind is allowed to roam free and relaxation is encouraged. Many children are never read to outside of school, and most children find that being read to is very soothing.

These reflections are designed to supplement the Superheroes curriculum, and can be used either to start a session or at the end of a session. Either way, try to be consistent about when you use it so that children will begin to look forward to these sessions. Playing soft music in the background can help set the tone of peace and relaxation faster. If a child falls asleep, let him be. He will still benefit from the relaxation and can still hear the words on some level.

I Am My Own Superhero - Self-Confidence

Close your eyes. Be sure you are sitting or lying down in a comfortable position. Be aware of your breathing as you slowly breathe in and out. The air you inhale will energize you, the air you exhale will relax you. Concentrate on breathing slowly and deeply for a minute. Sit still and think about all your good traits. The ones that make you who you are, the ones people love you for...Now think about the superhero you created. Picture him or her in your mind...think about the great qualities you gave your superhero.... and the very special superpower you endowed him with...think about whether or not your positive traits are similar to those you gave your superhero...Is your character more like you or less like you?...Continue concentrating on your breathing....now imagine what it would feel like to own the superpower you gave your character. What things would you be able to do that

you can't do now? How would you use your superpower? Would it help you create conflict or peace? Would the world be a better place because of it? Think about what you as a superhero believe in...what do you stick up for? How do you help people? Have you been a responsible superhero?

Now go back to thinking about your own positive traits. Think about them carefully...do you think there is a superhero inside you? Maybe you can't fly or leap tall buildings, but there are lots of things you can do to let the superhero inside you out...to make the world a better place....to help people, or animals, or the environment....picture yourself doing some of these things...take your time and continue to focus on your breathing...continue relaxing as you think of the ways in which you are a superhero...and say to yourself: I am my own superhero. I am my own superhero.

Now slowly begin to open your eyes, wiggle your fingers and toes, and stretch....and now let's talk about this experience.

The Shining Star - Relaxation

Close your eyes, lie down comfortably or put your head on your desk, and breath slowly, concentrating on your breath. Lie perfectly still and imagine that you are standing in a field of tall grass and it is dark out. The dark sky is clear, and you can see hundreds of shining, twinkling stars....Many of the stars are winking at you as you lie relaxed and breathing slowly.... the stars shimmer in the night sky like sparkling diamonds... there is a happy star, a silly star, a love star, a shy star, a peace star. It is the most beautiful night sky you have ever seen. You lie there comfortable, relaxed and feeling safe. The happy star fills you with happy thoughts....the love star reminds you to love yourself and those around you, and the peace star reminds you that there can be peace inside yourself and in the real world if we only try to solve conflicts in a peaceful way.... are there any other kinds of stars you see up in that dark sky? Enjoy looking at the glittery stars, the way they form patterns in the sky, the way they make you feel. Keep being aware of your slow breathing.