

SPHE

What does
'being brave'
mean to you?

Being brave:

- One of the things that superheroes have to do is be really brave
- When things get tough, it is important that we remember to be brave.
- Being brave can mean different things to different people
- Can you think of times when you had to be brave?

Being brave during tough times doesn't mean holding it all in, not crying or pretending you are OK.



It means talking to an adult you trust about how you are really feeling, sharing any worries you have and asking for help. This is one of the bravest things you can do.



Being brave can also mean saying 'no' if something is not good for us.





Being brave when we are worried can help us feel better and feel good about ourselves.

Remember, it is not about dealing with tricky times alone or not facing them at all.

Think of someone you could talk to who could help you. Who are the people you trust?

Mindfulness

Even superheroes need to take a break! Listen to this superhero mindfulness video:

<https://www.youtube.com/watch?v=pVKIZNCL5Ms>



POW!

Geography

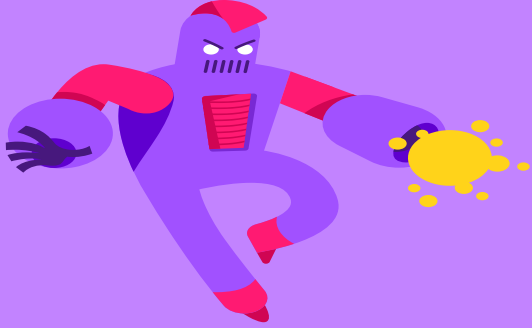
Create your own city!

Make a map of your own city which your superhero protects!

You must think

- What is important to have in your city? (park, school, shop)
- What is the best way to place things?
- Add colour!





Music

Listen to the superman theme tune:

https://www.youtube.com/watch?v=e9vrfEoc8_g

- What can you hear? What instruments are there?
- What type of music is it? Happy, sad?
- Can you move to it? Pretend you are a superhero!



Visual arts

Draw your own superhero costume

- Make a superhero costume for your superhero
- What colour is it? Does it suit the superhero?
- Think of what it can do- is it fireproof? Keeps you warm?

Or :

- Draw a spiderman:
<https://www.youtube.com/watch?v=Ngz2vfk2n1Q>

