


Express yourself

# Create your own superhero

Unleash your superpowers by doing something creative! Expressing your creativity can be fun and uplift your mood.

 Remember you don't have to try it, and you can stop at any time.

## Step 1

Think about what powers you would have if you were a superhero (e.g. invisibility, the ability to fly, turn yourself into something else etc.)

## Step 2

Think about what you'd do if you had these powers. Would you do something to help others, help yourself, animals or even the environment?

## Step 3

Think about what your outfit would be.

## Step 4

Think about your superhero slogan.

## Step 5

(Optional). Draw or create your superhero and take a look at your masterpiece!

## Step 6 (Optional)

Tell us if you've tried the activity...

☐ I've tried the activity 🙌