

I'm a Superhero

We are all different, and all the qualities we have makes us unique. It might be the way we understand things, the way we get distracted, or the way we act. And these are the abilities that give us the powers to do extraordinary things.

But somewhere we forgot to embrace our differences. And it's not always accepted to be in a certain way. Being an impulsive person can sometimes give the impression that you are unorganized - so abilities that not fit in a certain context are not seen positive, but instead seen as something negative.

I'm a Superhero is a tool for the classroom where children can learn more about who they, and their friends are, by making, talking, and understand all the abilities they have.

So, you build a Superhero of yourself with the help of your classmates.

And you start by choosing the features you want your Superhero to have.

Choose the color of your clothes. Then choose the color of your hair.

Let's see how it looks with the helmet instead. No, let's choose the red one. And I will put S for Super.

Then you can type in the name you want your Superhero to have.

And then, you add all the abilities you think describe yourself by swiping yes, or no.

Let's see here,

Restless. Yes.

Stubborn. No.

Innovative. Yes.

Unfocused. No.

Impulsive. Yes.

When you are done - you let your classmates help you. They can pick three positive abilities they think you have, and add them to your Superhero.

And here is the ready Superhero with all the abilities.

"SUPERKIM is like no one else.

She has an energy that can only be compared to a chain reactor. Her restlessness makes her full of an energy that can move mountains or make 10 paper planes in no time. She is great to have around when you need things to get done, and that before you even had the chance to spell out restless!

She gives the best gifts because she has such an innovative mind and always come up with surprising and great ideas. If there is a problem, you bet SuperKim will have not one, but thousand of solutions!"

By thinking and talking about our differences we start to understand each other and this way we can appreciate, and de-dramatize differences. - We can build a better self esteem, and use all the abilities that give us the powers to do extraordinary things.