

# THE STRENGTH OF A SUPERHERO!



## Determination is:

- \* Simply not giving up.
- \* The will to keep on going.
- \* Trying to do something even when you find it difficult.
- \* Having willpower.
- \* 'Stickability'.
- \* Making your dreams come true.

## Without determination:

- \* People would give up as soon as they find something too challenging.
- \* We would not reach our full potential.
- \* Learning would have its limits.

## LEARNING OBJECTIVES:

**To be able to know that we can fight our fears and succeed.**

### Script:

"Today we are going to learn how to feel strong on the inside. We are not thinking about our muscles but rather our minds and our hearts. There are times when all of us find things difficult to do and would like to give up. At times like these we can call on a special virtue called determination."

### Suggested Resources:

Photocopiable sheets - Determination Reception Masks.  
You will need to cut out the eye masks – one per child.

### Suggested Activities:

Ask the children to recall some of their favourite superheroes; ask them to think about the different powers that each superhero has. Now explain to the children that the superheroes all have something in common – they are strong in their minds and hearts. They do not give up, but use their power of determination to keep fighting crime, and even when they are 'knocked down' they pick themselves back up again until they succeed.

Ask the children to think about what makes these people change from being normal to superheroes. Discuss the fact that, although they change clothes and put on disguises, it is their powers or special qualities such as determination that make them 'super'. Now tell the children that they are all going to create their own superhero masks to help them to feel that they can achieve anything.

Hand out templates and colours and give the children the chance to decorate them. It may be an idea to laminate the masks afterwards to ensure that they last longer or perhaps make them out of card.

### Plenary:

Ask the children to model their masks and take a class photo of the children as 'Superheroes who never give up' for a class display. Explain to the children that they can keep their masks handy in class and whenever they feel like the work or the day is too challenging, they can put on their masks and it will help them to keep trying until they succeed.





## Character Coaching

### Guidance:

Remember that if you are determined you will do things you thought were too difficult for you.

### Meaningful Praise:

You have all made progress since you started school and have already shown that you can do things that you once found difficult. You should be very proud of the determination you have already shown.

### Correction:

Even though you think you have failed, please use your determination and keep trying.

**DETERMINATION**

**R**

