

Children's Connection Curriculum

Session Topic: Social Skills/Interactions (Super Action Heroes)

Developmental Level: Upper Elementary and Middle School

Purpose: To identify positive traits that students can look for in friends and adults

Materials: Paper and coloring utensils

Description of Session: Using some of the more popular comic books and movies, make a list of action heroes. Ask the clients to list at least three characteristics that describe these "superheroes". As the discussion happens, have students create and color their own superheroes.

Discussion Questions:

1. Name one person who has made a positive difference in your life. Why?
2. Name some people whom you admire and tell me why you admire them.
3. What makes someone a superhero?
4. Who would you consider a "real live" superhero?
5. How hard is it to name positive characteristics about someone?
6. What is a role model?
7. What impact do role models have on our lives?
8. How should you choose role models?
9. Could you be someone's hero? Why or why not?

Reference: Vernon, A. (2004). *Counseling Children and Adolescents*. Denver, CO: Love Publishing Company