



# SUPER HERO

P R O G R A M S



## **The Steps to Becoming a Superhero**

### **Course Description**

Discover the potential of a healthy self-esteem through the powerful transformational tools of Positive Affirmations that change self-talk, Visualizations that inspire and allow you to have a clear vision of the future you want to create, and Meditations that balance mind and body with all the proven benefits of wellbeing! Discover and learn these powerful tools with our ludic, game-based Methodology, which includes lots of FUNtivities, Missions, and tons of POWords (our powerful vocabulary) that build positive habits!

### **Details and Objectives**

By starting at an early stage and teaching young kids how to tap into their inner strength and confidence, kids will not only become stronger and adopt a healthier mindset, but they will also project this confidence and knowledge into their lives. This Superhero program will give kids and adults the foundations to create an amazing future for themselves.

The Steps to Becoming a Superhero is a transformational, self-paced course designed to equip instructors with the powerful, scientifically proven tools and knowledge they need to empower their kids and themselves to follow their dreams, transform their lives, and thrive.

It is a Unique Program that combines empowerment and self-care for instructors and kids simultaneously, within an internationally validated curriculum that teaches the most powerful proven tools of cognitive psychology for personal development.

By the end of this course, both the instructors and kids will harness positive affirmations in self-talk, visualizations, breathing, and relaxing to balance emotions. These tools help kids to develop self-love and boost self-esteem.

### ***What kids and instructors will learn***

- To change negative thoughts to positive ones, by exercising the use of positive affirmations to create a mindset that will help them succeed in life.
- To incorporate empowering and positive vocabulary. Powerful words (POWords) in self-talk to strengthen confidence and self-esteem.
- To respectively collaborate, form relationships, make choices, manage emotions, deal with conflict, and understand each other.
- To develop the powerful habits of breathing, relaxing, and balancing emotions.
- To visualize yourself beyond your current circumstances.
- To affirm your vision and dreams.



### ***How Instructors and your clients will benefit from the Program***

- Instructors create a trusting and caring environment in which every child feels loved and respected.
- With a healthier self-esteem kids are set to better academic achievement.
- Knowing that respecting themselves and acknowledging positive qualities
- Children begin taking ownership of their actions.
- Children become more confident, motivated, and empowered
- Children practice visualizing and relaxing before tests to reduce test anxiety and perform their personal best.
- Increased mindfulness and respect for diversity and differences.
- Instructors grow along throughout the program with professional and personal development classes.

### ***How the course is taught***

- 12-week program
- Each week a theory class and a 1-hour practical session with all resources to do with kids.
- Start your practice as you advance in the program.
- self-paced online course

### **About our Unique Superhero Methodology**

All of our Superhero Programs were created by combining some of the most powerful methodologies out there into one unique, robust, and efficacious one... Our **Superhero Methodology**.

The different methodologies and tools used in our Programs have been thoroughly researched and validated by professionals in the fields of cognitive psychology, pedagogy, mental health, and neuroscience.

Here is what makes our Superhero Methodology so unique. In our program you will find:

#### **LUDIC METHODOLOGY**

Playful, game-based learning.

Play is a natural way kids learn! From infancy, children playfully interact with the world around them with incredible curiosity and desire to discover what will happen. While playing, they are free to explore, question, wonder, solve problems, and test their abilities in a stress-free environment. With every new discovery, kids form their own understanding of the world around them and develop their self-esteem, confidence, self-worth, resilience, and self-control.





That is why our programs incorporate the ludic methodology: so that kids learn without even realizing it! This methodology goes beyond traditional teaching

where the adult holds the knowledge and gives it to children. This is a connected learning experience where children and adults play together to learn about and practice new skills.

### **POWORDS**

Powerful, advanced vocabulary kids incorporate into their everyday language.

Words are extremely powerful. They change the way we think, feel, and perceive the world around us. When we choose to repeat positive words, we actually change the way our brain works! By rewiring our brains in a positive way, we reduce stress and boost our cognitive reasoning, happiness, and motivation to make positive choices in life.

In a very natural, playful, and fun way, children incorporate our POWords (powerful, positive words) into their own self-talk and everyday language without even thinking about it! The more they use these words, the more they empower themselves and raise their self-esteem!

### **SOCIAL-EMOTIONAL SKILLS**

Kids learn how to respectfully collaborate, form relationships, make choices, manage emotions, deal with conflict, and understand one another.

Children are like little scientists: they are curious about the world and are constantly testing it, observing the reactions caused by their choices, and drawing conclusions. Their curiosity empowers them to take risks, try new things, and ask questions.

"SEL interventions averaged out to an 11% improvement in achievement tests, a 25% improvement in social and emotional skills, a 10% decrease in classroom misbehavior, anxiety, and depression." (Durlak et al)

Their curiosity does not stop with the physical world around them. Kids are curious to learn how to interact with others, what their emotions mean and how to manage them, and how to deal with adversity. Perhaps most importantly, they are curious to learn about their strengths and discover who they truly are.

As part of our mission to help kids reconnect with their self-esteem and live to their potential, we have designed our Superhero Sessions to include cooperative learning opportunities, introspective activities, and conversations that promote community, acceptance, and respect: all of which enhance kids social and emotional skills.

"It's about creating an environment where a child can learn - because if a child isn't emotionally prepared to learn, he or she is not going to learn" (Marc Brackett, PhD)



## **MULTIPLE INTELLIGENCES**

Every child's unique learning style is valued and developed.

No two children think alike, learn alike, or play alike. Every child has a unique way of approaching tasks, thinking about information, and expressing their understanding. One child may learn how to breathe and relax while listening to an audio while another may learn how to do so during a game, while being alone outside, during an independent coloring activity, when confronting a challenging situation, or during a group discussion.

"Anything that is worth teaching can be presented in many different ways. These multiple ways can make use of our multiple intelligences." (Howard Gardner).

This is why we have created dozens of unique games and activities, original audios, and hundreds of tips and suggestions for teachers that tap into all eight multiple intelligences! This way, every child learns about all of the powerful tools in their own unique way, at their own time.

"Providing students with multiple ways to access content improves learning." (Hattie, 2011)

## **GROW ALONG: PROFESSIONAL DEVELOPMENT**

Guidance, techniques and strategies that will enhance your skills throughout the Program.

Of course the magic is for all, adults grow along too!

Throughout every Superhero Session, we provide strategies that our collaborating adults can use to make transition time fun and easy, develop positive connections with kids, and to create a safe and inviting atmosphere.

All of our tips, techniques, and strategies have been used by teachers and other collaborating adults with great success!

## **PERSONAL GROWTH ACTIVITIES FOR ADULTS**

Begin the process of transforming your life as you unleash superheroes!

Before every Superhero Session, collaborating adults will enjoy completing activities that guide them to introspect, reflect, and practice affirming, breathing and relaxing, and visualizing in their everyday lives. As they complete these activities, adults will strengthen their self-esteem, confidence, sense of worthiness, and self-love... empowering them to unleash their potential and achieve their dreams!

Just like riding a bike, once adults learn how to use the powerful tools in their own lives, they'll never unlearn them!



## Outline

### Introduction:

- How to Get the Most Out of This Program
- Welcome to your Superhero Program!
- Empowered Educators! (your safe space)
- About our Unique Superhero Methodology
- The Key Activities of the Program

## I. Module 1: Reconnect With Your Power

- **Session 1**

Theory class: *Healthy Self-Esteem*

Instructors explore and learn what self-esteem is and discover the factors that impact it.

The concept of “holding space” as a strategy to allow kids to process their thoughts and connect with their emotions is taught in alignment with the importance of affirming achievable opportunities for each individual child to conquer.

Practical session: *Our Power Comes From Within*

Kids will create the Superhero Code, discover the 1st step through the Superhero Talk, and affirm and internalize it through the audio, the FUNtivity, and the Mission.

- **Session 2**

Theory class: *How Self-Talk is Formed*

Instructors reflect on their self-talk and discover how it is helping, or harming their personal growth, they carry out a practice activity. The importance of modeling activities and trusting kids to follow through on their own time.

Practical session: *POWords Make Us Confident*

Kids will learn what it means to be fearless and will discover the 2nd step through the Superhero Talk and affirm and internalize it through the audio, the FUNtivity, and the Mission.

- **Session 3**

Theory class: *Changing Self-Talk*

Instructors learn how to connect with their self-talk, identify the thoughts holding them back, and discover how they can use positive affirmations to end the cycle of self-sabotaging thoughts. We explore how making kids part of the decision-making process enables ownership and accountability along with setting clear expectations for them to follow.



Practical session: *Our Inner Power*

Kids learn to define their inner power, discover the 3rd superhero step through the Superhero Talk, and affirm and internalize it through the audio, the FUNtivity, and the Mission.

## II. Module 2: Re-Empower and Shift to Positive Thoughts

### ● Session 4

Theory class: *How Self-Talk Can Transform Our Lives*

Instructors discover that self-talk is an ongoing monologue running in the background, that shapes our beliefs and how we feel about ourselves. We also take a look at the power of drilling (frequent repetition) positive and powerful words through various ludic activities and how this technique shifts our mindset little by little.

Practical session: *Using Our Breath to Connect With Our Inner Power*

Kids practice connecting with their inner power and the 4th superhero step through the Superhero Talk and affirm and internalize it through the audio, the FUNtivity, and the Mission.

### ● Session 5

Theory class: *Meditation, Visualizations, and Positive Affirmations*

Instructors learn to combine positive affirmations with visualizations to take their personal growth journey to the next level by connecting with their inner voice. This will be practiced through an exercise. We also analyze affirming positive behavior with positive language as a key to tackle and manage a classroom full of energetic children.

Practical session: *Affirming Our Unique Qualities*

Kids define what it means to feel proud, practice repeating empowering phrases and selecting positive phrases. They practice and internalize this through the 3 key activities of the superhero session.

### ● Session 6

Theory class: *Wheel of Balance Activity Part 1*

Instructors are guided through an activity to reflect on different areas of their lives and will be offered powerful tools they can use to start making powerful transformations in the different areas of their lives that are important to them. We analyze how as instructors, we channel positive and serene energy into our sessions, which fosters an atmosphere essential to develop the habit of breathing and relaxing into a heightened state of mind known as the Alpha State.

Practical Session: *Choosing Positive Thoughts*

Kids define the word invincibility, reflect on the power of breathing and pausing, practice choosing positive thoughts and repeating positive affirmations throughout the superhero session and discover the 5th step!



### III. Module 3: Balance of Mind & Body

- **Session 7**

Theory class: *Overcoming Self-Sabotage*

Instructors get their senses involved in transforming negative self-talk into powerful, life-affirming positive self-talk. We cover the significance of modeling to children how to celebrate and feel proud of our unique differences and our inner greatness.

Practical session: *We All Have Superhero Qualities*

Kids discover how to express kindness to themselves and others, and develop resiliency by connecting with their inner power.

- **Session 8**

Theory class: *Reconnecting With Our Inner Power*

Instructors reflect on their past, present, and future as a way to help reconnect with their inner power. We explore a powerful technique that provides kids with the confidence to be their authentic self by getting to know their uniqueness and allowing them to teach us about their interests and asking them follow-up questions.

Practical session: *Thinking Positive Thoughts Makes Us Confident*

Kids use their breath, think positive thoughts and empowering phrases to connect with their inner power and feel strong and confident.

- **Session 9**

Theory class: *Wheel of Balance Activity Part 2*

Instructors reflect on the progress they've made on the goals they set for themselves. We also review 5 key factors to reduce stress in kids' day-to-day activities and make transitions smooth and easy.

Practical Session: *Positive Self-Talk Makes Us Resilient*

Kids explore how to use positive language to help be courageous and overcome fear, define self-talk, uncover the 6th superhero step through the Superhero Talk and affirm and internalize it through the audio, the FUNtivity, and the Mission.





## IV. Module 4: Remain in Your Power

- **Session 10**

Theory class: *Self-Love*

Instructors learn a powerful technique they can use to transform their self-talk and empower their self-esteem. We also explore other techniques and situations which they can use to make the powerful practices of meditation, visualization, and positive affirmations a regular habit in kids' lives.

Practical session: *Loving Ourselves Makes Us Invincible*

Kids define and practice positive affirmations and how to use their breath to help bounce back from adversity.

- **Session 11**

Theory class: *Our Inner Power is Our True Essence*

Instructors will have the opportunity to listen to their heart's desire, reflect on their goals, and reconnect with their inner power to take their life to the next level. We explore the "daily check-in" (Friendship Pact) as a transformative technique in developing ongoing social and emotional skills.

Practical session: *The Steps to Grow Superpowers*

Kids practice using the superhero steps to keep growing self-love and continue feeling proud of their unique qualities, talents, and abilities.

- **Session 12**

Theory class: *Everlasting Personal Growth*

Instructors review all the powerful tools they learned throughout the program and explore how to keep using positive language to help children continue using positive self-talk after the program ends.

Practical session: *Superheroes Are Worthy and Enough*

Kids reflect and reinforce the experience in the program, their new superpowers, and how to keep using and growing them.

## Instructors and Support

This course is designed to stand alone and provides all the follow-up and tools needed without a live instructor. However, for clarification or feedback, feel free to write to [hope@superheroprograms.com](mailto:hope@superheroprograms.com).

## Requirements

### Prerequisites

None are required. Any coach, counselor, paraprofessional, tutor, guardian, parent, caregiver, instructor, teaching assistant, etc can take this course without prior certifications or degrees.



### ***Technical Requirements***

- Hardware Requirements:  
Having a PC, Mac, or Chromebook
- Software Requirements:  
PC: Windows 8 or later  
Mac: macOS 10.6 or later  
Browser: The latest versions of Google Chrome or Mozilla Firefox are preferred. Microsoft Edge and Safari are also compatible.
- Other:  
Having an existing email address to subscribe to the platform

### ***Instructional Material Requirements***

All the material required is provided digitally and through downloadable versions in this course. School supplies and materials are used in the activities and are required to enhance the experience.