



AFFIRMATION CARDS

Affirmations are powerful and a creative way to help build positive self-talk. Cut out these affirmation cards and have players make their own.

To use:

1. Read through the cards and have each player pick the one that speaks to them the most. Repeat it out loud a few times. Have player write out this card to keep.
2. Pick any affirmation and have the player read it out loud. On the back of the card, write down anything that comes to mind, even if the player disagrees with the affirmation. Then, flip the card back over and say it again a few times. Repeat this process.
3. Pick any affirmation. On the back, illustrate what this affirmation looks like.
4. Have clients write their own affirmation.
5. Help children make an affirmation related to their treatment plan. Choose an area the child is working on and make an affirmation special for that child together.

SUPERHEROES ARE MADE, NOT BORN

I AM SUPER!

NO TWO SUPERHEROES ARE THE SAME

SUPERHEROES COME IN ALL SHAPES AND SIZES

MY SUPER SKILLS ARE A WORK IN PROGRESS

IN THE BATTLE OF GOOD VERSUS EVIL, I CHOOSE GOOD

I MAY HAVE A WEAKNESS; BUT MY STRENGTHS ARE STRONGER

EACH DAY IS A NEW DAY, WITH NEW OPPORTUNITIES

EVEN SUPERHEROES AREN'T PERFECT

***SOMETIMES THE BIGGEST BATTLE IS WITHIN.
AND THE BIGGEST VICTORY***

I WILL DO MY BEST

***LIKE A SUPERHERO WITH A SIDEKICK, I WILL ASK
FOR HELP WHEN I NEED IT***

MY INNER STRENGTH IS STRONG ENOUGH

REAL HEROES ARE EVERYWHERE. AND I AM ONE!

EACH DAY, I LEARN NEW THINGS TO MAKE ME MORE SUPER

I AM STRONG AND BRAVE



MEET THE SUPERHEROES

Cut out these superhero character cards. Use these prompts or create your own!

Prompts:

- Which superhero are you most like? Why?
- Tell a story about one of the characters.
- Change one thing about one of the superheroes stories. How does this change the hero?
- Which superhero would you most like to be like?
- Which superhero seems most realistic?
- Tell a story in which you are the superhero.
- Pick one of the characters. Pretend it is 5 years later. What is that superhero like?



STAR

Star is a superhero who is always growing. Star likes to play with friends and her dog. She wishes she could really fly, but would also be scared if she did. She is always excited to try new things, but then gets nervous when it's time to do them. Star likes doing gym and art in school.

JAZZY



Jazzy was born into a superhero family but sometimes feels like being a superhero is too much pressure. She daydreams about what it's like to be a "normal" kid who messes up often and doesn't have to worry about impressing other people all the time. Jazzy has lots of friends but finds it a little hard to talk to most of them. Jazzy wishes her parents would listen more but they seem busy fighting villains. Jazzy likes reading and riding her bike. Jazzy is Kwik's younger sister.

KWIK



Kwik may seem like a typical kid, but don't let that fool you! Like any superhero, Kwik has some great skills. Kwik has a couple of classes he enjoys at school and does pretty well in. Kwik feels good most of the time and tells other people what he thinks. He likes to stay up late and spend time with friends. Kwik gets mad easily and says things he regrets sometimes. Kwik is Jazzy's older brother.

X-RAY



X-Ray is a superhero with super vision. However, she has trouble with focusing her attention on one thing. She is very active and has trouble sitting still. She likes to keep busy and gets in trouble in school for moving around too much. Still, she does the best she can. X-Ray likes to play video games and enjoys science in school. She likes spending time with her family but because her parents are divorced, she splits her time between two homes. X-Ray wishes life was a little more predictable but doesn't know how to tell her family that.



CHASE

Chase is a superhero who had a rough start in life but just keeps pushing on. Chase doesn't know his biological family as he was separated from them when he was very young; his parents wanted to keep Chase safe from villains. He comes from a family of superheroes and they didn't want Chase to face all the pressures of being a superhero. While Chase is glad his parents cared about him, he does miss them greatly, even if he doesn't talk about it much. Chase is kind of quiet and shy and his best friend just moved away this year but he's trying to make some new friends. Chase likes to read and eat pizza.



BLINK

Blink is a superhero who tries to think positively. He sometimes feels a little sad when he doesn't do well in school but then he tries to remember he can do better next time. Blink likes a challenge and has been enjoying beating new levels in gaming. Blink argues a lot with his little brother and loves the family dog. Blink loves playing basketball and soccer and admires other superheroes for their skills.



SUPERHERO STORIES

USE THESE STORY STARTERS TO HAVE A LITTLE FUN, LEARN COPING SKILLS THROUGH CHARACTERS, AND GET TO KNOW YOUR CLIENTS BETTER. OFFER TO FILL IN THE BLANKS FOR KIDS SO THEY FEEL LESS PRESSURE. PROVIDE COLORED PENCILS, CRAYONS AND MARKERS TO MAKE IT MORE ENJOYABLE. COMPLETE 1 OR MORE STORY AT A TIME. IN A GROUP? COMPARE STORIES OR TAKE TURNS FILLING IN THE BLANKS AND MAKE 1 GROUP STORY!

Kwik found out he won a million dollars! The first thing Kwik did was _____ . Then he decided he should probably tell his parents. He told them and they said he should save it all. This made Kwik feel _____ . Then, his parents said they were just kidding; of course he should spend some! They sat down together and planned out what to do with the money. Kwik said he really didn't want to _____ the money. Kwik said he'd really like to go to _____ with his newfound fortune. Kwik wanted to donate some of the money to _____ . Kwik wanted to also buy all of the _____ in the world. This was the best day in Kwik's whole life!

Star can't wait to go to _____ today. She is excited because she gets to go to _____ . Star wakes up early, gets dressed but forgets to _____ because she is so excited. Star eats her favorite breakfast of _____ and heads off for her big day. On the way, Star starts to think about her day and isn't as excited. She realizes some things could go wrong, like _____ . Star feels a little worried. To not feel worried, Star decides to _____ . Star gets to where she is going and feels a little worried but feels better when _____ . While there, she gets mad because _____ . All in all, Star has a fantastic time and is happy when _____ . Star meets a new friend named _____ . Star is sad when it is over but knows that more adventures await!

Jazzy woke up one morning and decided to _____. She got dressed and ate breakfast and then she _____. Jazzy told her mom about her big plans for the day and her mom said, “_____”. That made Jazzy smile. Before she started on her adventure, she played her favorite game _____. Jazzy wanted to tell her brother about her plans but she was afraid her brother would _____. Jazzy went outside and _____ on her friend’s door. The friend answered the door while _____. Jazzy decided to invite her friend with her on her adventure. Together, they had a great time! They only wish _____ had happened too.

X-Ray really, really gets excited about _____. She feels _____ when she thinks about it. X-Ray doesn’t like _____ and would rather _____. X-Ray sometimes wishes she could _____ all day long. However, since she can’t she _____ instead. When X-Ray feels worried she _____. After school, X-Ray most enjoys _____. More than anything in the world, X-Ray wants _____ to listen to her.

Chase went to bed one night and had the craziest dream! Chase dreamt that _____ was chasing him. Chase tried to run away but _____. Chase used his superpowers to fly but was surprised when _____! Chase really didn’t want to be followed so he _____. Finally, Chase turned around and realized he could _____. This made Chase excited and he was glad it was over. He walked to a restaurant and ordered _____. Chase woke up, glad the chase was over and feeling hungry for _____.
