TODAY'S TOPIC:
Superheroes

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a "thinking job question" to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Can anyone be a hero?

Lesson
Superheroes

Materials	Things to Prepare	Today's Goal
● Poster board/large paper and markers	●	To discover our inner superheroes!

ACTIVITY: Create a poster of hero qualities. Start by tracing the shape of a kiddo in a super hero pose. Then, write the phrases and words you come up with during the discussion, on the poster.

ASK: What makes someone a hero?

Some Ideas:

- Showing great courage/bravery
- Being willing to try again, even where others have failed
- Doing special things for others
- Using their gifts or powers in a helpful way

SAY: There are a lot of things that heroes have in common and I bet you have these things too: (take your time discussing each point)

- They make life super for others by being helpful, kind, and brave. How do you make life super for others?
- They have a "secret lair" for quiet time to relax and meditate and plan. Do you have a space like this?

- They have people to advise them like parents, friends, and mentors. Who advises you?
- They have a gift, a super power that they use to solve problems and spread lots of happiness with their extraordinary kindness. What gifts do you have?
- They have a power source. What do you think our power source can be? What if spirit was our source?

SAY: When we break it down and look at the parts that make up superheroes, we can see that they are really just like you and me!

ASK: What will you do as your superhero self today? Then say the affirmation together.

AFFIRMATION – I am a superhero! repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at https://www.milehichurch.org/youth-family/ .