



# Teacher Resource Guide to *Calling All Superheroes*

*An engaging school-wide program for elementary students designed for both virtual and socially distant classrooms*

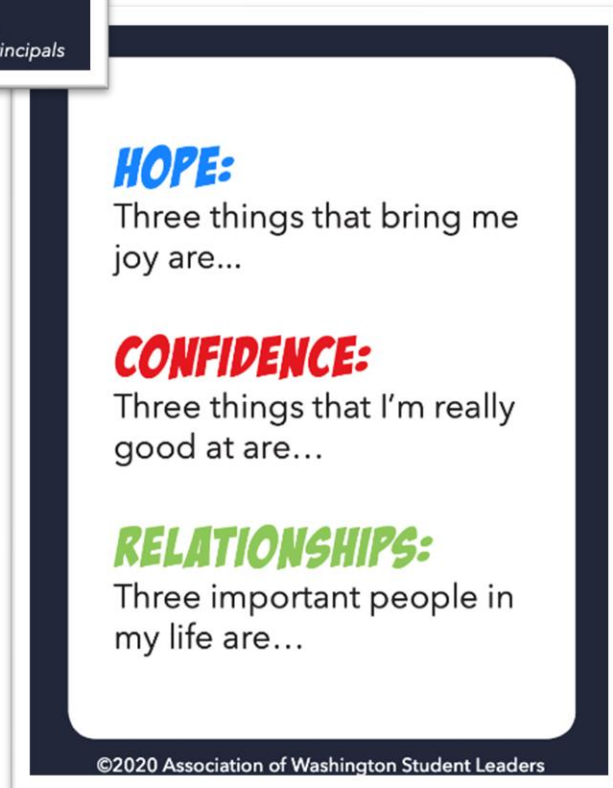
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# Module 1: Calling All Superheroes

## Student Concept Cards





## Summary of Module 1: **Calling All Superheroes**

<b>Lesson Summary</b>	<p>The definition of a superhero is a person who has special strength and uses it to do positive things.</p> <p>Students participate in one body-movement activity related to standing like a superhero. Then, they answer three prompts focused on hope, confidence and the important people in their lives. Students are given multiple options as a way of expressing their answers.</p>
<b>Social-Emotional Learning</b>	<p><b>CASEL</b></p> <p><b>SELF-Awareness:</b> The ability to assess one’s strengths with a well-grounded sense of confidence, optimism and a “growth mindset.</p> <p><b>WA K-12 SEL Standards and Benchmarks</b></p> <p><b>1 SELF-AWARENESS:</b> ability to identify emotions, personal assets, areas for growth and potential external resources and supports.</p> <p><b>Benchmark B:</b> Demonstrates awareness of personal and collective identity encompassing strengths, areas for growth, aspirations and cultural and linguistic assets.</p> <p><b>Benchmark C:</b> Demonstrates self-awareness and understanding of external influences, e.g., culture, family, school, and community resources and supports.</p>
<b>Supplies &amp; Materials</b>	<p><b>Student Supplies and Materials:</b></p> <ul style="list-style-type: none"><li>• Calling All Superheroes concept card, text or offered through a digital platform.</li><li>• Pen/pencil</li></ul> <p><b>Teacher Supplies and Materials:</b></p> <p>Module slides: Calling All Superheroes</p>



## Lesson for Module 1: **Calling All Superheroes**

<b>1. Script of AWSL Concept Intro Video</b>	<p>"We are glad you are here with us, and we look forward to going on an epic superhero journey with you. We are inviting you to <i>stand like a superhero, feel like a superhero, and act like a superhero.</i></p> <p>All of you are already superheroes in your homes, your school, and your communities. We know this because the definition of a superhero is a person who has extraordinary strength and uses it to do positive things. We know all of you have special skills and strengths, and we know all of you do your best at being your best self each day.</p> <p>When you look at the secret ingredients that make up the life of a superhero, it boils down to three key things.</p> <ul style="list-style-type: none"><li>• <b>Superheroes have hope...</b>because they believe in creating the best world possible.</li><li>• <b>Superheroes have confidence...</b>because they believe in their abilities.</li><li>• <b>Superheroes have positive people in their lives...</b>because superheroes know that asking and receiving help from others, only makes them stronger.</li></ul> <p>In this module, we want you to think about three things: hope, confidence, and people. We hope these can be a part of your superhero tool belt, and help you become the superhero we know you are!"</p>
<b>2. Activity: Read the Module Concept Card</b>	<p><b>Activity Summary:</b> Students read the Module concept card in pairs, small groups or whole class depending on what is appropriate for your students.</p>
<b>3. Activity: Superhero Power Pose</b>	<p><b>Activity Summary:</b> Students create a Superhero Power Pose that makes them feel confident and strong.</p> <p><b>Teacher Notes:</b></p> <ul style="list-style-type: none"><li>▪ After students establish their Superhero Power Pose, a fun attention getting device or transition technique is to say: "Calling All Superheroes." The students respond by striking their pose and remain silent and still.</li><li>▪ To role model, you might invent a Superteacher Power Pose and demonstrate this to the students at the beginning of the activity.</li></ul> <p style="text-align: right;"><i>continued</i></p>