



*The Association of
Washington Student
Leaders
presents*

Calling All Superheroes

Parent & Family Engagement Guide

Welcome to the Association of Washington Student Leaders, *Calling all Superheroes* program! Parents and families play a vital role in the success of this program. We believe all students can lead and should lead. The concepts, activities, and lessons support schools in building the next generation of leaders.

This resource guide is:

- **Linked to the learning** – Families will be able to engage, discuss, and understand the same concept students are learning at school.
- **Relational** – Through discussion questions and conversation prompts, families, will be able to strengthen relationships with their children, other students, and the school community.
- **Developmental** – By living the concept of *Becoming while Doing*, families grow as the students learn. Rich experiences, reflection, and family engagement allow everyone to grow.
- **Collaborative** – This guide allows families to share a common experience, develop common language and learnings, and expand their school community networks.
- **Interactive** – Calling all Superheroes allows for active engagement through songs, stories, interviews, conversations, and activities that go beyond the school day.



Lesson #1: Calling all Superheroes

What Students Learned:

Students were invited to *stand like a superhero, feel like a superhero, and act like a superhero.*

Students are already superheroes in their homes, schools, and communities. The definition of a superhero is *a person who has a special strength and uses it to do positive things.*

We know students have the skills and strengths they use to be their best self each day. The secret ingredients that make up the life of a superhero boil down to three key things:

- **Superheroes have hope**...because they believe they are capable of great things.
- **Superheroes have confidence**...because their skills and talents can create a better world.
- **Superheroes have positive people in their lives**...because superheroes need others to help them in being the best version of themselves.

Students were asked to think about three things: hope, confidence, and people. These tools were added to their superhero tool belt to feel hopeful and confident and remind students that they have people in their lives to help and support them.

Parent and Family Engagement:

Conversation Starters:

(adults share first!)

- What three things bring you joy?
- What are the three things you are really good at?
- Who are three important people in your life?
- What is something new you learned about being a superhero?

Follow Up Activity:

- Have students call, Facetime, draw a picture, write a story, or sing a song to one of the important people in their lives?

Superhero Family Fun Nights

Fun Fact: If you spend two minutes per day standing in a superhero pose, you gain confidence, you positively influence your brain, and your body feels good.

- Take turns demonstrating your Superhero pose, then striking the pose as a group.
- Play a game of charades where you act out Superhero characters, movies, and “saving the day!”
- Pick a night for reading Superhero comics together
- Share stories about ordinary people in your lives and in the news doing extraordinary things to make the world better

Songs, Stories, and Artwork

The Calling All Superheroes program encourages students to express what they are learning through songs, stories, and artwork. Your child’s school may have extended learning opportunities available for Lesson One: Calling All Superheroes.



**CALLING ALL
SUPER
HEROES!**

BE THE HERO OF YOUR LIFE STORY!

HOPE 	CONFIDENCE 	RELATIONSHIPS
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Association of Washington Student Leaders
A division of the Association of Washington School Principals

HOPE:

Three things that bring me joy are...

CONFIDENCE:

Three things that I'm really good at are...

RELATIONSHIPS:

Three important people in my life are...

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