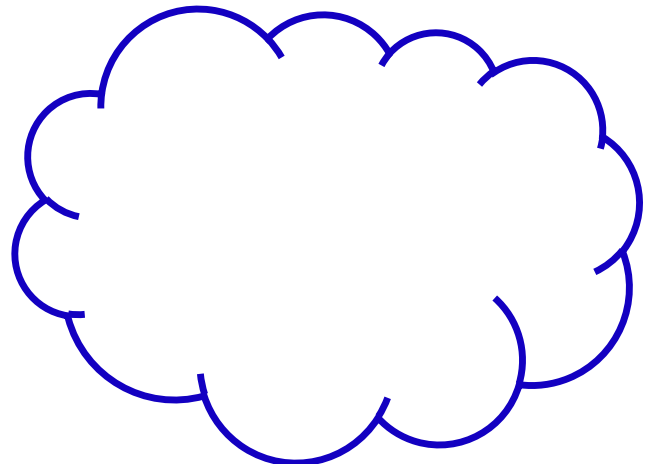
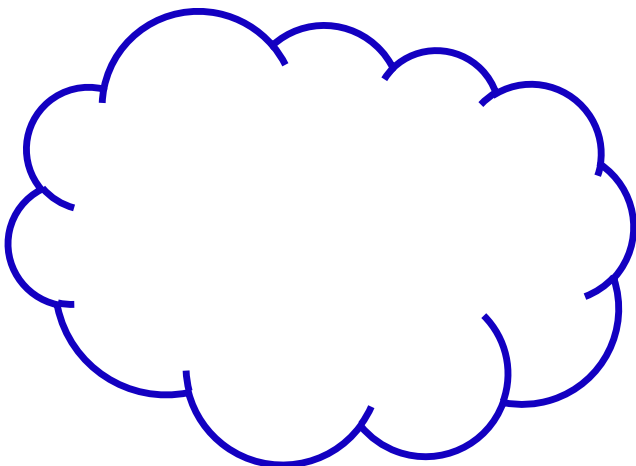
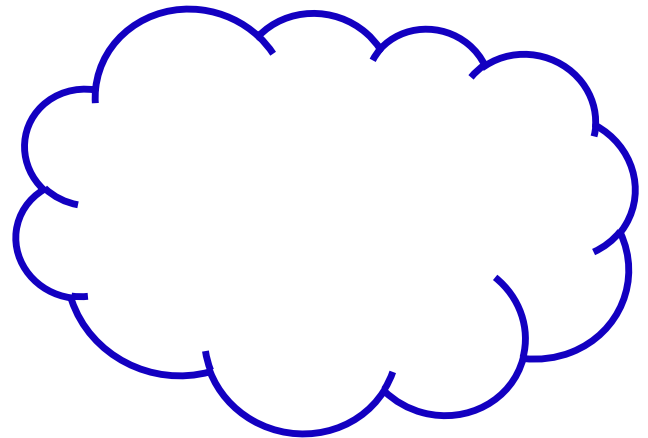
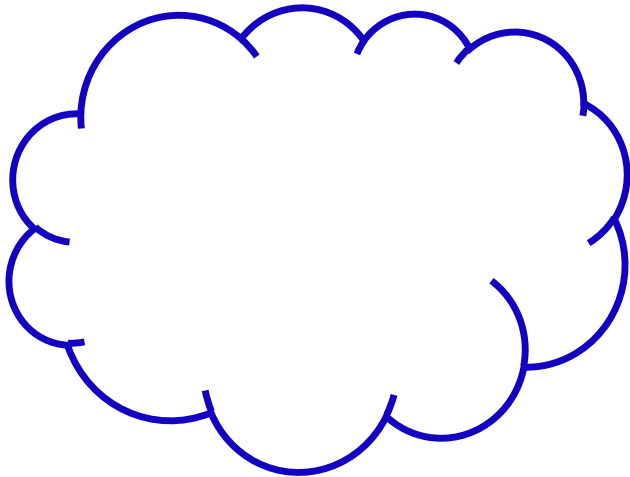


## Superhero Strengths

This is our wellbeing superhero, their name is .....

Even the strongest superheroes can feel worried about things, these worries can make our superhero feel sick, angry or confused.

Can you think of some worries that you have?



Everyone has worries, it is important that we look after ourselves when we do feel worried. Can you think of some superhero actions that can help us when we are feeling worried?



A yellow starburst shape with a white rectangular box in the center, outlined in blue.



A purple starburst shape with a white rectangular box in the center, outlined in blue.



A green starburst shape with a white rectangular box in the center, outlined in blue.



A teal starburst shape with a white rectangular box in the center, outlined in blue.



A pink starburst shape with a white rectangular box in the center, outlined in blue.



An orange starburst shape with a white rectangular box in the center, outlined in blue.

Sometimes even **superheroes** have worries, can you think of a worry they might have?

Can you think of what our superhero could do to help with that worry?



Great! Now on the next page, try to think of a few more...

My worry is...

I can...

To help with my worry.

My worry is...

I can...

To help with my worry.