

Soaringwords



the power to heal

Guidelines for Creating SoaringSuperheroes

Strength and greatness is inside of everyone. What makes you feel powerful, brave and strong? What makes you feel like you at your best?

Modern scientists have identified 24 character strengths from research all around the world. You can use your strengths to inspire others by giving your Superhero to a family member, friend, nurse or doctor.

Here's How to Get Started:

1. Look at the Character Strength handout and circle your best strengths. These are the things that remind you of what makes you unique.
2. Choose what kind of Superhero you want to make today. You can base your superhero on the character strengths you chose. Here are some ideas to get started, you can:
 - a. Invent your own Superhero
 - b. Choose a famous Superhero
 - c. Pick a hero or heroine from mythology
 - d. Select a person from your life or somebody famous
3. Write the name of your Superhero on the top of the page and then draw your Superhero within the Soaringwords Border, using lots of colors.
4. Write a superhero message for someone else. You can also write your superhero's special powers, based on your top character strengths.
5. Write your first name and age on the bottom of the page.

Pointers:

Do make your picture really big. Fill the entire page with your picture and message.

Do make your picture really bright and colorful.





CURIOSITY

creativity

LEADERSHIP

LOVE OF LEARNING

kindness
perseverance

self-regulation

HONESTY

humor

GRATITUDE

appreciation of

forgiveness

beauty and

love

BRAVERY

HUMILITY

excellence

FAIRNESS

PERSPECTIVE

ZEST

HOPE

spirituality teamwork

PRUDENCE

social intelligence

6 Virtues and 24 Character Strengths

Wisdom & Knowledge:

Creativity (originality, ingenuity)
Curiosity (interest, novelty-seeking, openness to experience)
Judgment (critical thinking)
Love of Learning
Perspective (wisdom)

Courage:

Bravery (valor)
Perseverance (persistence, industriousness)
Honesty (authenticity, integrity)
Zest (vitality, enthusiasm, vigor, energy)

Humanity:

Love
Kindness (generosity, nurturance, care, compassion, altruistic love, “niceness”)
Social Intelligence (emotional intelligence, personal intelligence)

Justice:

Teamwork (citizenship, social responsibility, loyalty)
Fairness
Leadership

Temperance:

Forgiveness
Humility
Prudence
Self-Regulation (self-control)

Transcendence:

Appreciation of Beauty and Excellence (awe, wonder, elevation)
Gratitude
Hope (optimism, future-mindedness, future orientation)
Humor (playfulness)
Spirituality (faith, purpose)

Source : VIA® Institute on Character www.viacharacter.org

SoaringSuperhero Message

(Superhero name)

My Superhero message for YOU:

Created by: _____