

You Got the Power!

Superheroes use the power within themselves to be extraordinary heroes



Pick a super power (social/emotional skill) and figure out how you could use this power to help others

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A superhero is somebody who is: brave, strong, nice, fast, cool, smart, amazing, and a fighter

Superheroes: have power, lead exciting lives, wear capes, and almost always win in the end

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Examples:

- Waiting your turn
- Following Directions
- Learning from your mistakes
- Showing Kindness
- Doing your best

Working as a team
Turn the Mental Health Stigma Inside Out

Eraser the Stigma!



What is a mental stigma?

A stigma is a negative “label” that creates negative feelings, attitudes, and beliefs about mental health, and can lead to discrimination as well as reluctance to ask for help

Stigmas causes → fear, mistrust, and discrimination

Stigma stops → people from getting the help

- *All emotions are important and helpful at times
- *We can have more than one feeling about an event
- *Sadness is important and can foster connection with other people
- *Feelings about past events can change over time
- *Expecting someone to be happy all the time is impossible
- *Emotions may look a little different for each person