

Information Sheet

for parents/carers, education & health professionals



What is the hero activity book?

The hero activity book is a resource co-produced for children aged 7-11-years-old. It uses the idea of superpowers to explore their strengths and challenges, specifically around energy, attention, and impulsivity. The booklet focuses on understanding needs and developing helpful strategies through a series of fun, accessible, and interactive activities.



What topics does the booklet cover?

The booklet supports children to:

- Recognise that their superpowers can bring both strengths and challenges
- Understand why they might find things difficult
- Notice feelings such as frustration, anger, or worry
- Learn helpful strategies to promote self-regulation
- Communicate with others about their feelings, challenges, and needs
- Build confidence in school and social situations
- Learn how sleep, a balanced diet, and routine can help them hone their superpowers
- Explore how their superpowers can help them achieve and grow



Who is this booklet suitable for?

The booklet is designed for children who:

- Face challenges relating to their energy levels, attention, or impulsivity
- Would benefit from support to regulate their emotions, focus at school, and/or sleep well
- Might experience difficulties often associated with ADHD, but do not have a diagnosis



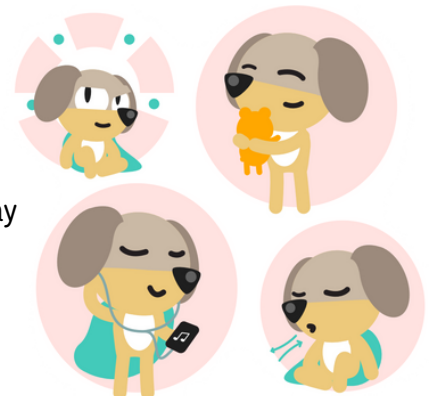
It can be completed independently, or with a trusted adult such as a parent or teacher. It can be used at home, in school, or elsewhere.



How can this booklet help?

The booklet aims to:

- Help children understand themselves in a positive, strengths-based way
- Give families and professionals a shared language to talk about needs
- Support emotional regulation and self-awareness
- Encourage children to ask for help when they need it
- Build awareness of neurodiversity and celebrate differences



Please contact project leads Dr. Lauren Powell [l.a.powell@sheffield.ac.uk] or Evie Shore [ed20els@leeds.ac.uk] with any questions.

Your Hero Activity Book



My name's Monty. You might have superpowers like me. Let's learn about ourselves together.



I'm Merlin. I'm here to help you do the activities!

Grownups: cut along the dotted line when all the activities are complete



This book belongs to:



Speak with an adult and decide on a reward for finishing this booklet.
Write or draw it here.

What makes me who I am?

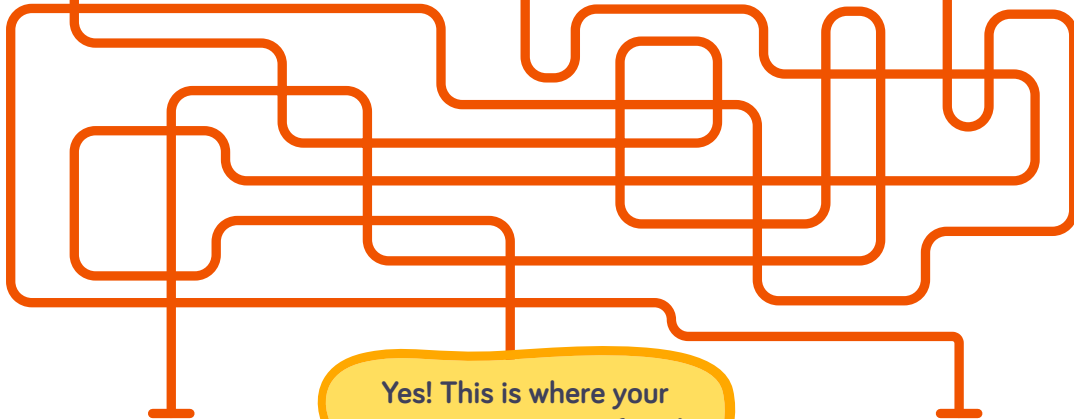


We're going to learn about what makes us unique. We all have things we are good at. Let's call these superpowers! Sometimes our superpowers can be fun, but they can also make things challenging. I have a lot of energy, which is awesome for staying active and excited about things, but it can sometimes make it tricky to stay calm or wait my turn. Work through this maze to find out where your superpowers come from.

Does it come from eating lots of sugar and sweets?

Does it come from our brains working differently?

Does it come from watching too much TV?



Yes! This is where your superpowers come from!



Everyone is different. Use the space below to show what makes you unique.

After you've finished the booklet, an adult can cut this bottom part off. You can choose to share it with friends, family or teachers to help them learn too.



Write or draw what you like to do.



What makes you unique?



What do you like to do?



I'm a really loyal friend.



I like riding my bike and drawing pictures.

E D N D W B U H W C P
 G V K U R P V Y E I L
 C S I I F V A H E T A
 V R G T F Y E N Y E Y
 S H E A A L P X L G F
 T I I A P N X H M R U
 B O A F T P I H E E L
 G X U N F I E G H N F
 C L C D D F V K A E O
 I L O V I N G E A M E
 T A L K A T I V E U I



There's lots of good things about your superpowers. Let's find the words I thought of:

bright energetic
 fun helpful
 playful talkative
 creative loving

They can appear in any direction!



Lots of my friends have different superpowers too!



I'm really thoughtful



I'm a great listener



I'm creative



I have lots of energy

What do your superpowers look like?



Draw yourself using your superpowers here!



I'm really thoughtful, I make my friends feel better.

How do your superpowers affect you?

Sometimes other people in your family have similar superpowers to you.



Our superpowers can sometimes mean we face challenges. The pictures below are some things we might find hard. Circle the ones that you relate to!



Finding it hard to concentrate



Having too much energy



Speaking without thinking and interrupting people



Doing things without thinking



Feeling angry



Finding it hard to make friends



Feeling worried



Finding it hard to sleep



All superheroes face challenges. Use the space below to draw or write things you might find difficult.



Sometimes the way people speak to me makes me feel less happy or annoyed. What can I do, Merlin?

It's important to tell your friends, family and teachers how you feel, they could make you feel better.



When I am tired I notice my challenges more. Sometimes this can make it hard to sleep. What might help me?



Have you thought about trying these?



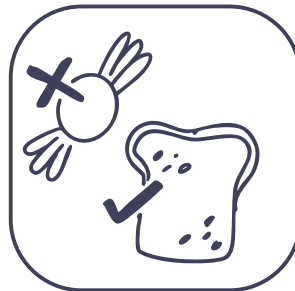
What do you think could help Monty?



Reading a book



Holding a teddy



Not eating sugar / sweets before bed





All superheroes need sidekicks!
Who helps you feel better when you're feeling sad?



My sister always cheers me up!

Write or draw who helps you. How do they help?

Plan my day, fuel my body

Planning our day can help us focus and gives us things to look forward to. This is what I do in the morning.



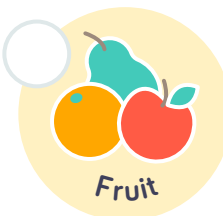
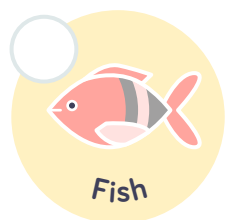
Here's a space to plan your day. First add the time in the box. Then write or draw what you will do.

We've started the first ones for you.



08:00 Wake up	08:30 Brush teeth	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Our superpowers work best when we eat a balanced diet. Some foods and drinks are better at giving us lasting energy. Let's choose what foods and drinks are the best for our superpowers!

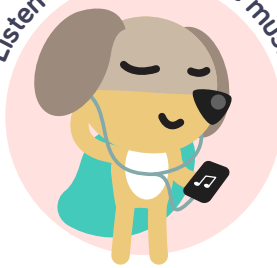


Superpower top tips

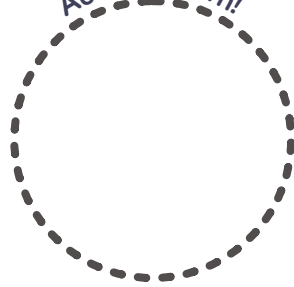
Sometimes our superpowers can make us feel angry, worried, or keep us from sleeping. Top tips are things we can do to feel better. What top tips have you tried before?



Listen to your favourite music



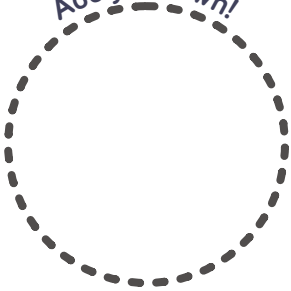
Add your own!



Slow breathing, counting to 10



Add your own!



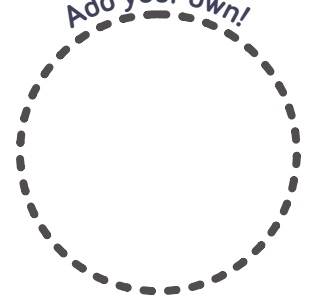
Hold something soft



Take regular breaks



Add your own!



If you're not feeling good, you could tell a trusted adult. They can give you tips to help you feel better.

What are your favourite top tips?

Can you write about them or draw yourself using them?



How do I help my friends learn about my superpowers?



A lot of heroes find it hard to tell their friends about their superpowers. Let's look at some ways to help.

1. Try telling your friends that your strengths and challenges are like a superpower.

2. Your friends can help you too, if you teach them.

Hi Ernie, I need your help! If my superpower gets too strong it can make me feel sad or angry. Sometimes I can't concentrate on school and learning.



Don't worry, Monty. It's just one of the things you find hard. If you are worried, we could go and talk to an adult together.



3.

If you find it hard to make friends, try making a list of things you could talk about. Here are some examples. Could you add some of your own?

What is your name?

What are your hobbies?

Use this space to write some of your favourite things.

You can share this with your friends and see if they like the same things you do.

Your hobbies

Your favourite school subjects

Your favourite games

Your favourite films

How can I make school easier?



We can do really well at school, but we might need extra help. Teachers can understand and help us with our superpowers. Since everyone is a little different, you can tell them how they could help you.

These are the top tips we can practice at school to help us be in charge of our energy.

Here is the plan I made with my teacher so I can stay calm and focused if I'm feeling distracted:



Monty's top tips plan

1. If I feel worried or distracted, I can talk to a trusted adult to support me.
2. I can draw a quick picture, hold a favourite small toy or try slow breathing to feel better.



Feeling big feelings like worry, sadness, or anger is perfectly okay. When you're feeling this way take a deep breath and count to five or ask your teacher if you can:

Have a break
to rest your mind
and body

**Do something
creative**
like drawing a quick
picture or doodling

Move your body
by walking around the
classroom or outside to
release some energy!

Learning to use my superpowers when things get tricky

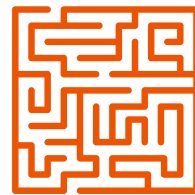


Merlin, I'm nervous about starting a new school soon and meeting new people.

It's okay to be nervous or worried, everyone feels that way sometimes. Remember when you thought you couldn't do that tricky puzzle? You kept trying until you solved it – you can do this too!



I suppose I did! But what if I can't do it this time?



You **can**. You've got people to support you and superpowers too – like being brave, curious, and creative. With time, you can learn even more about your superpowers, understand your feelings better, and take on new challenges!



Thanks Merlin! I think I'm ready for my new school adventure!

School

This way



Superpower top tips can help us when things get tricky. Use this space to think about what helps you most – and who's there to support you!

When I feel worried, I can

The top tip that helps me most is

Someone I can talk to if I'm worried is

My school adventure top tips



Create your own top tips to help you on your school adventure. You can ask a grown up for help if you'd like.

My school adventure top tips

My trusted team

Teacher
Parents/Carer
Friend

My top tips for tricky times

Deep breath
Ask my teacher for help
Drawing

My superpower energy boosters

Favourite toy
Song you love
Quiet time

My adventure goals

Make a new friend
Learn a new subject



Write or draw what you think is exciting about going to a new school.



I'm looking forward to making new friends.

When you grow up



Hi Monty and Ernie, can you share your superpowers and how you could use them when you grow up?

I am awesome at asking questions. This could make me a brilliant detective or scientist!



I'm super caring, this could help me become a great vet who helps animals or a teacher who helps children learn and grow.



It's okay to not know what you want when you're older, you still have lots of time to decide!



Share your superpowers and what they could help you do when you're older. I've shared mine first.

Superpower	How I could use this superpower when I'm older
I'm really caring	Looking after animals

What did you learn?



Well done for getting to the end. We hope you learned lots more about your superpowers. Merlin has made a True or False Quiz to check what we've learnt. We can do this!

	TRUE	FALSE
1. Everyone has the same superpowers	<input type="checkbox"/>	<input type="checkbox"/>
2. We can talk to adults we trust to help us with our superpowers	<input type="checkbox"/>	<input type="checkbox"/>
3. Fizzy drinks can give me energy that lasts all day	<input type="checkbox"/>	<input type="checkbox"/>
4. Someone in your family might have the same superpowers as you	<input type="checkbox"/>	<input type="checkbox"/>
5. Superpowers come from brains working differently	<input type="checkbox"/>	<input type="checkbox"/>
6. Your superpowers mean you won't get a good job when you're older	<input type="checkbox"/>	<input type="checkbox"/>



When you finish the quiz, try testing your friends and family too. If they get the answers wrong, you can tell them the right answers!

You can check your answers to all the quizzes and puzzles on the back pages!



Write or draw your favourite thing that you've learnt in this booklet.

A large, empty dashed-line box for writing or drawing.



This certificate is for



Who achieved the level of



by completing their activity book and learning more about their superpowers!

Their grown-ups have agreed to reward them with:



Grown-ups can now cut along the dotted line to make your mini-book.



Can you write or draw what you want adults to know about your superpowers?

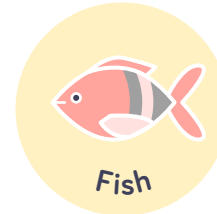


Answers

Positive things about your superpowers



These are the healthy food and drinks:



Everyone has the same superpowers **FALSE**

Someone in your family might have the same superpowers as you **TRUE**

We can talk to adults we trust to help us with our superpowers **TRUE**

Superpowers come from brains working differently **TRUE**

Fizzy drinks can give me energy that lasts all day **FALSE**

Your superpowers mean you won't get a good job when you're older **FALSE**



Here is who created this booklet



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And here are all the organisations which helped



Thank you to the families and young people who helped us create this booklet

