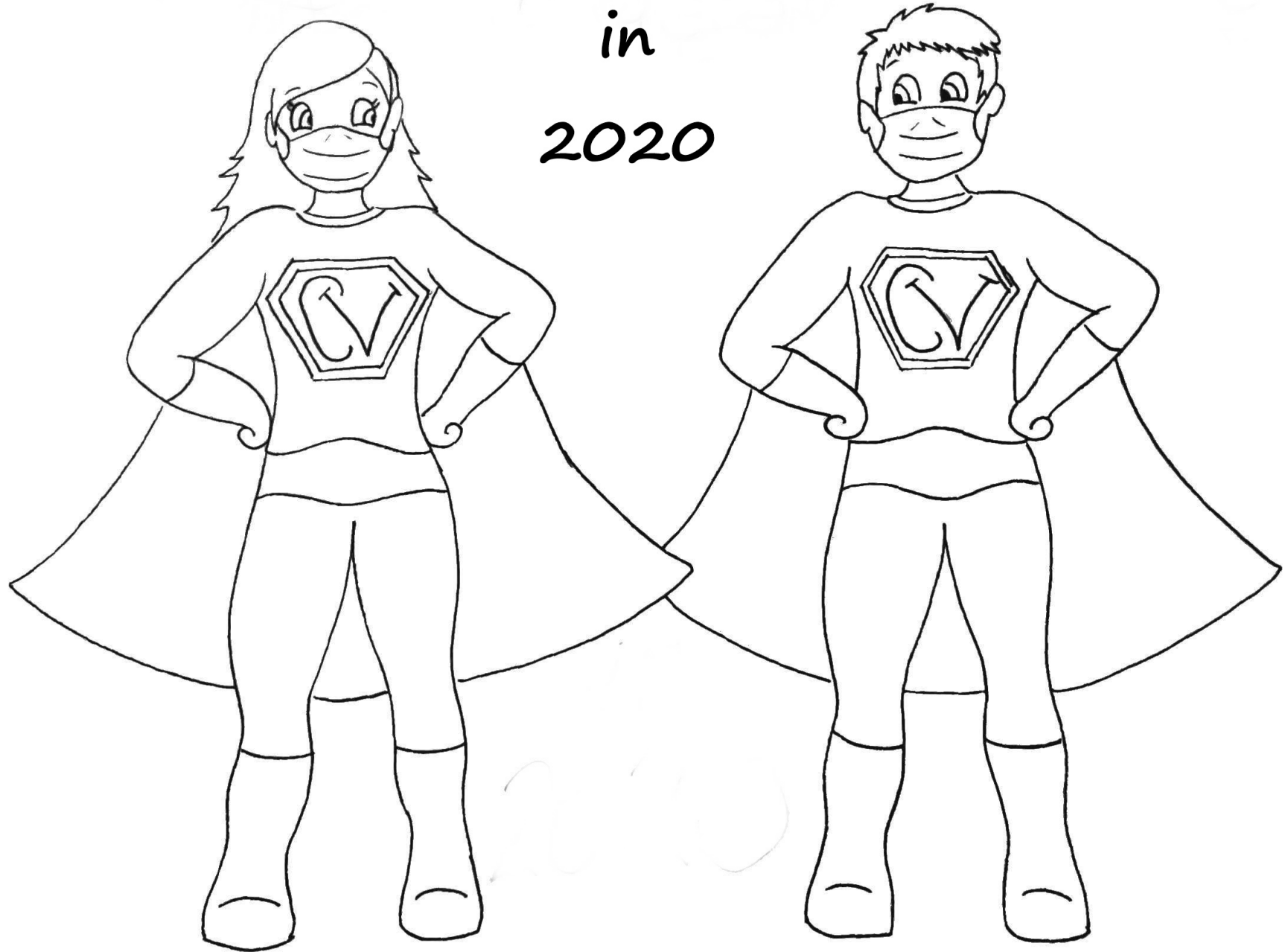


Diary of a Superhero

in

2020





You may have been told what Corona Virus is...
You may know that you are a Superhero...

You may also understand what Corona Virus is and even it's consequences...



You may have days when you feel cheerful and ready to have a great time...
And days when you just feel sick of this situation.

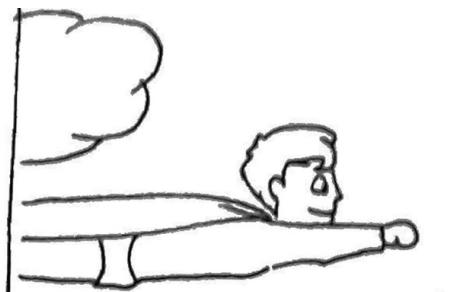
And
THAT IS OK



We are all struggling,
This is not easy for anyone, but what makes us stronger is knowing that
WE ARE ALL FIGHTING TOGETHER!



And you may still have days when you wonder what makes YOU a Superhero...



Superman's life was full of action...
and your life, right now, it's filled with boredom...



Superman also had his bad days...
and his Kryptonite...



The important part about him was that he was brave and strong for others.
He sacrificed his own life, time and strenght to help others....

Just like you!
Just like all of us!



So, now that you know YOU ARE a Superhero,
Now that you know WHY and now that we have
learned that even Superheroes have BAD days...



Now, like Superman, you need to know
what is causing your bad days?
what is your kryptonite and
how can you fight it?

You probably have been asked one question
far too many times the last couple of months...

"How do you feel?"



But the answer to that question... Is not that simple!
Feelings can be difficult so let's forget about them for a bit...

Let's answer two different questions now:
'What is bringing you down?' and what is more important
'What can we do to make it better?'

What is getting you, Superhero, down?

and... What can we do to fight it?

MISSING PEOPLE YOU LOVE...



We all are in this same situation. Talking to others who can understand how we feel can make us see that we are not alone!

1. You could make a list with all the people you miss...
2. Find out if you could ring some of them, see how they are doing and how much they also miss you!
3. And if you can't call them, then let's write them a letter. You could either post it or keep it with you until you get to see them again!



What is getting you, Superhero, down?

and... What can we do to fight it?

MISSING YOUR ROUTINE...

M	T	W	T	F	S	S
Hub	Hub		Time with mum	Hub		Church
				Sister		



Remember, strong Superhero, that your life will go back to normal soon, but in the meanwhile, let's create a whole new plan just for you!

M	T	W	T	F	S	S
<i>Lunch</i>						
Choir Session	Music Quiz	Bingo Game	Arts & Crafts	Baking		

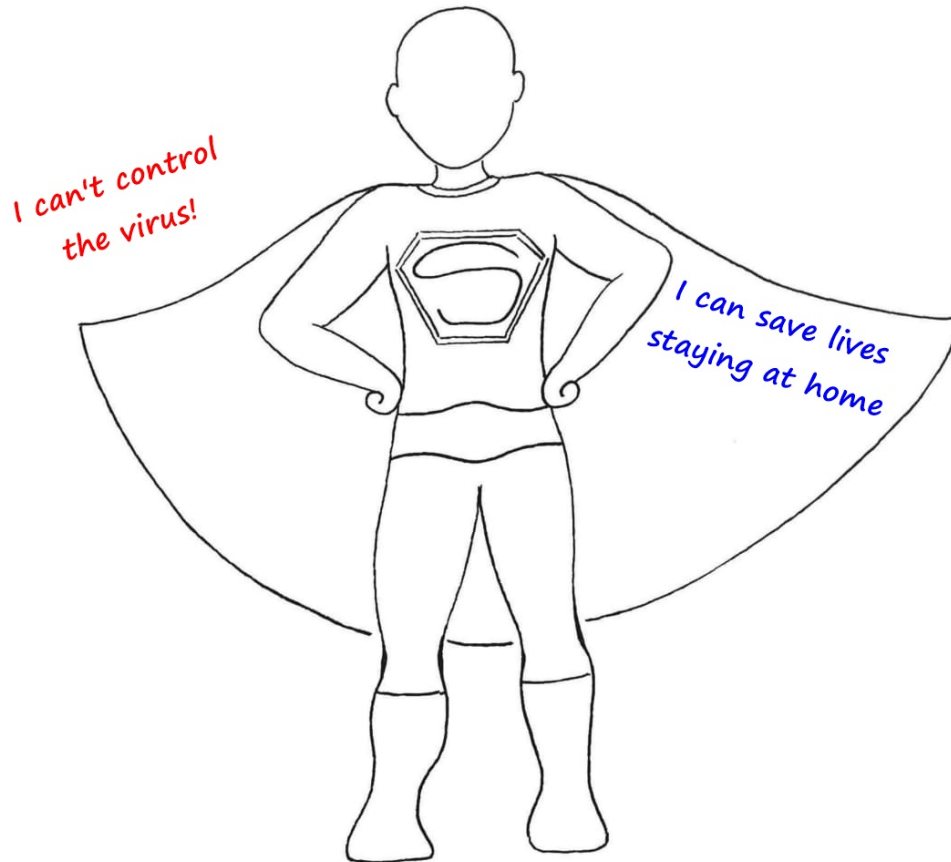
What can we do to make you happy today?

Things I CAN and CAN'T control...

Missing people we love and our routine is everyone's struggle but every Superhero has their own situation...

By knowing what depends on you, You will be able to concentrate on making yourself feel better,
and fight this situation like a Superhero!

1. Decorate the superhero, make it look like you. Feel like a superhero!



2. Have a think and, like the example shows, write all the things you CAN'T control outside the superhero, and all the things you CAN control inside the superhero so your remember how powerful you really are!

My superpowers...

To be able to fight and win, like any other superhero, you need to know all the amazing things you are capable of...

- * I am good at...
- * I can do...
- * I know how...
- * I can help with...
- * I am the best at...
- * ...
- * ...
- * ...
- * ...
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