

1»EXPLORE

## THEME

Leading Self

## SUB THEMES

Knowing Self  
Developing Self

## Overview

*Superheroes are Go! is a cartoon leader exploration.*

*In this activity, Participants answer questions and draw characters in a quest to find out all about the superhero they have invented.*

*In inventing superheroes the Participants are telling other people in the group a little about themselves. This involves good acting for Leading Self, as it asks questions around leader qualities, behaviours and skills.*

*Facilitators are encouraged to create activity extensions from these ideas to suit Participants.*

## Superheroes are Go!

### Knowledge and skills

Personal self-awareness, leadership motivation, leadership style, behaviour, personal skills, qualities and abilities, personal decision-making, mentoring.

### Resources

- Leader Journal template



## Ask Participants the following questions. The answers may be recorded in the Leader Journal template for this activity.

### QUESTION 1: CREATING A SUPERHERO

**Participant:**

What is your superhero's name? (leadership titles)

**Facilitator:**

May talk about current superheroes then ones who are made up e.g. Pink Puddle Hero, Sky Rider.

### QUESTION 2: SUPERHERO'S POWERS

**Participant:**

What are your superhero powers? (leadership skills, qualities)

**Facilitator:**

Discussion to encourage thinking. Ask what your superhero can do. How do they do that? Why is that a powerful skill? How does that relate to a leader's power?

### QUESTION 3: SUPERHERO'S WAY OF TRAVEL

**Participant:**

How do you travel around? (ability)

**Facilitator:**

Does this add to your power? How does this help you to access places?

### QUESTION 4: SUPERHERO'S PLANET

**Participant:**

What planet does your superhero come from?

**Facilitator:**

Describe what the planet is like (air, earth, other people, buildings, plants). This could be drawn in art or acted out in a drama scenario.

### QUESTION 5: INHABITANTS OF SUPERHERO'S PLANET

**Participant:**

Who else lives on your planet? (connection to others)

**Facilitator:**

This is about building relationships and finding out who is there to support you.

### QUESTION 6: SUPERHERO CONNECTING

**Participant:**

Why do people like/dislike your superhero? (connection)

**Facilitator:**

This is about interpersonal skills and connectedness. This allows the Facilitator to discuss leader qualities and strengths.

### QUESTION 7: YOUR SUPERHERO

**Participant**

Participants are asked to draw their superhero character. (affiliation, creative thinking)

**Facilitator:**

Encourage them to be creative.



#### Activity extension ideas

Design your superhero's clothes – what colour and design?

What would your superhero be in charge of? Anyone? A place? (leadership position)

## Ask Participants to move like their superheroes.

For example, can your superhero...

- Move lightly?
- Move heavily?
- Fly around?
- Have a unique movement that only your superhero can do?
- Have their own superhero dance routine?

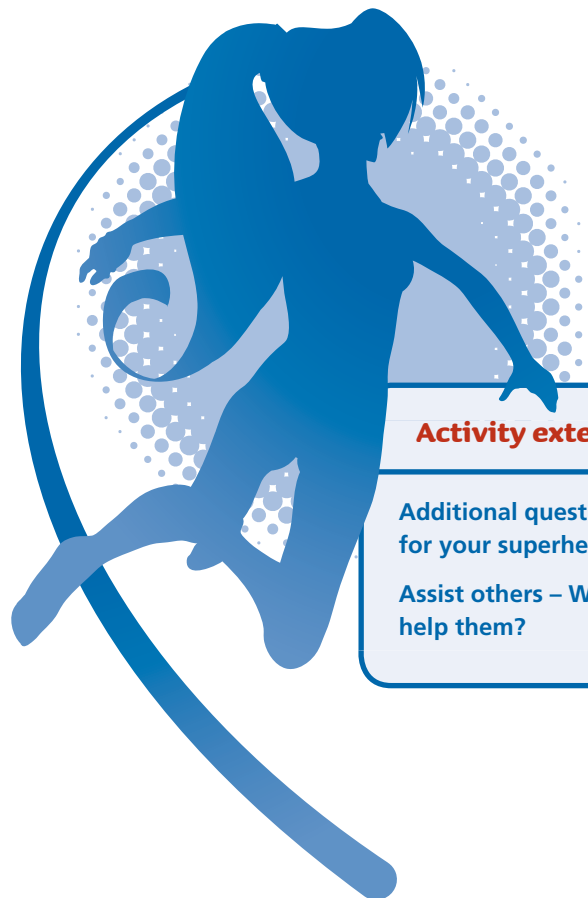
## Give the Participants the following instructions:

- Using your new superhero identity, travel around the universe
- Try to convince other superheroes to come and live on your planet – don't forget to mention your superhero powers, planet environment and what others like about you
- Once others have agreed to live with you on your planet, join hands and continue on your travels.

## Following this exploration, ask Participants to complete the Leader Journal template.

- Did you manage to convince other superheroes to live on your planet? Why/Why not? (relates to influence, leadership style, leader behaviour, leader qualities, communication)
- From your experience as a superhero, what is leadership to you? (relates to leadership definitions)
- Did you leave your planet to live somewhere else? Why/Why not? (relates to values, decision-making)
- Did you want to leave your planet, but instead chose to stay? Why/Why not? (relates to conflict, decision-making)
- If you could change anything to make others live on your planet, what would it be? (For example, super powers, environment, outfit, qualities – relates to change, planning, implementing and reflecting)
- Do you have a sporting or 'real life' superhero? What are they good at doing that makes you want to follow them?

## You are now the superhero you have created!



### Activity extension ideas

Additional questions to ask – develop a language for your superhero.

Assist others – Who did you help? How did you help them?



# LEADER JOURNAL

1»EXPLORE

NAME \_\_\_\_\_

## Superheroes are Go!



1. What is your superhero's name?

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2. What are your superhero powers?


3. How do you travel around?

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4. What planet does your superhero come from?

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5. Who else lives on your planet?


6. Why do people like or dislike your superhero?

Like

Dislike

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**7. Draw your superhero character here...**

**C. Did you leave your planet to live somewhere else? Why/Why not?**

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**D. Did you want to leave your planet, but instead chose to stay? Why/Why not?**

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**E. If you could change anything to make others live on your planet, what would it be? (For example, super powers, environment, outfit, qualities)**

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**F. Do you have a sporting or 'real life' superhero? What are they good at doing that makes you want to follow them?**

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**Superheroes talk to each other and answer the following questions.**

**A. Did you manage to convince other superheroes to live on your planet? Why/Why not?**

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**B. From your experience as a superhero, what is leadership to you?**

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