AGES 5–12 ACTIVITY

Design Your Superhero Coping Strategy



WHAT THIS IS

Superheroes have powers. Your coping skills are your superpowers! Design a hero who uses one.

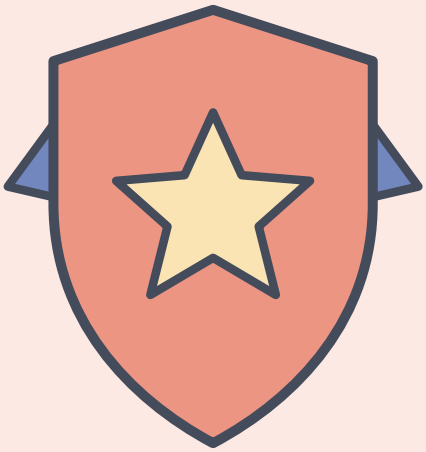
HOW TO USE IT

1. Pick a coping skill (like deep breathing).
2. Give it a hero name and a costume.
3. Decide when your hero swoops in.

EXAMPLE

"*Captain Calm uses the Super Breath to fix big feelings!*"

Draw your hero



Hero name

Superpower (my coping skill)

My hero swoops in when I feel…

Hero catchphrase

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