

Unmask Your Superpower!

Next up for **Children's Mental Health Awareness Week: Unmask Your Superpower!** 🦱💥 Instead of flying or leaping over tall buildings, **real-life superheroes** use their **brains, bravery, and big hearts** to make a difference.

In this activity, take a moment to think about your own **mental health superpower**—the qualities that make you strong! Are you brave, kind, curious, reliable, determined, or a great friend? Write down your superpower and then bring it to life by colouring and decorating your very own superhero emblem in the picture provided.

Recognizing your strengths builds confidence and self-awareness, reminding you that **YOU** are powerful just as you are!

What is your superpower:

Write a few sentences explaining your mental health superpower and how you help people:

For more downloadable activity sheets,
please visit <https://pathstonementalhealth.ca/cmhaw>

Materials:

- Markers, crayons, or coloured pencils
- Scissors
- Glue, stickers, or other decorative materials
- Your mental health superpower

