



TODAY'S TOPIC:

Superheroes

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a "thinking job question" to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Who is my favorite superhero?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Paper • Markers or other supplies to create a personal superhero symbol 	<ul style="list-style-type: none"> • 	Know that we are all superheroes. Know that superheroes have a power source, and our source could be God.

ASK: Does anyone have a favorite superhero?

ASK: If you could have any superpower, what would it be? Ideas:

- Read minds
- Move things without touching them
- Invisibility
- Teleportation
- Fly
- Time travel
- Change the weather
- Shapeshifting
- See the future
- Super strong

- Heal immediately
- See in the dark

EXPLAIN: Here are some things superheroes have in common. Point out how we have these same things.

- They make life super for others. (Be helpful and kind.)
- They have a “secret lair”. (A quiet place to relax and meditate and plan.)
- They have people to advise them. (Parents, friends, mentors.)
- They have a gift. (Their own superpower. It could be lots of happiness, extraordinary kindness, loving to all, creative.)
- They have a power source. (Could our power source be God?)

ACTIVITY: (Best around a table depending on the number of children) Encourage each child to design their own superhero logo. Reminder – powers can also be qualities that we value like love, peace, sharing, creativity.

EXTRA ACTIVITY: Use plastic tablecloths to create and decorate superhero capes.

BONUS: Take a picture of the kids doing their best superhero pose. Could be whole group, small groups, or even individuals.

AFFIRMATION – I am a superhero. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .