



# Teacher Toolkit #2: Find Your Superpower

THIS LESSON CAN BE  
ADAPTED FOR STUDENTS K–12

The second step to creating mattering classrooms is to take time for students (and teachers!) to find their superpower by **identifying their unique strengths**.

## Some Things to Think About

Mattering is feeling valued at your core; it's a deep need we all have to be seen and cared for. The more we feel valued, the more likely we are to add value to others and the world, a critical component to mattering. In order to feel valued for who we are inherently—regardless of external factors—we need to take time to recognize our own gifts.

Although we're constantly being bombarded with messages that make us think academic and athletic achievements make some people matter more than others, the truth is that each individual has their own unique strengths. Teachers are uniquely positioned to help prevent students from feeling less than others, ending the cycle of comparison and competition that results in pervasive anxiety, depression, and loneliness and the erosion of mattering

In fact, you can make your school a counter-cultural environment where individuals can learn to recognize their inherent value and add value to others. Your classroom can become a mattering haven.

## Some Things to Try

Conducting this simple exercise at the beginning of the year can help set the tone for the kind of connected classroom community that has the power to be a “go-to-people” place.

1

Have your students take the [VIA Strength Survey](#). Teachers, you can take it too! (10 min)

2

Have students write down their 3 core strengths. (5 min)

3

Pair and share. (5 min)

4

Share results as a class. Write down the strengths of your group on a large piece of paper to post in your classroom. Or, make a wordcloud that you can post in your classroom. If neither of these options is available, simply write down the strengths on your chalkboard or white board. Visualizing all of the strengths in the room will allow everyone to see more clearly what great gifts you have right in front of you. (15-20 min)

5

Find your superpower. Give each student a piece of paper, markers, or crayons.

Have students think about their own superpowers and draw themselves as a superhero and give themselves a superhero name (see next page for examples). Encourage your students to be creative!

Once these are completed, post them on your classroom walls as a daily reminder of the many superpowers in your classroom. Teachers, you should create one too to help your students get to know you!



# Superhero Examples



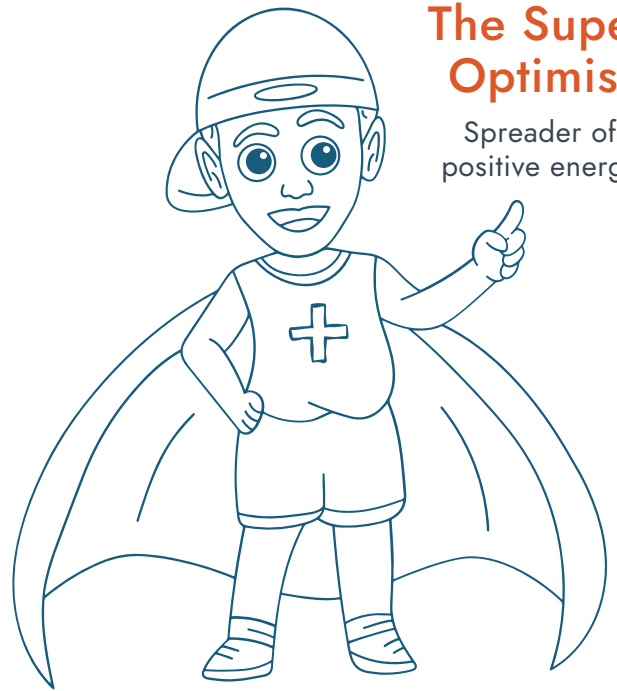
## The Forgiveness Girl

Open-hearted and understands that everyone makes mistakes



## The Super Optimist

Spreader of positive energy



## The Confidence Booster

Helping others see the best in themselves



## The Creative Logician

Taking initiative and thinking about math

