

The Superhero in You

Increase your powers when you tap into the strengths and talents of your team!



This activity can be led by a facilitator, GSLE Coach, mentor, or any other interested adult.

Time Required: 20 min

Supplies:

- Copies of shield template
- Markers, colored pencils, crayons
- 1 completed example

Prepare in Advance

Photocopy the shield template, one per participant

Set Up:

Set up supplies and instructions and allow participants to complete the activity.

- ♦ **Laser Vision**- attention to detail
- ♦ **Super Strength**- calm under pressure
- ♦ **Super Speed**- completes tasks lightning fast (or on time!)
- ♦ **Flying**- Outstanding efforts (Soars above the crowd)
- ♦ **Mind Reading**- anticipates needs
- ♦ **Shape Shift**- flexible

Activity: Ask participants to design their own personal shield according to the key.

1. Write something you excel at doing.
2. Draw a picture representing an accomplishment.
3. Write your credo or key value you live by.
4. Draw a symbol of your favorite leisure activity.
5. Describe in words one of your hidden qualities.

Discussion: When everyone has finished designing, share in table groups and allow others to ask questions about your design.

- ♦ What super hero powers do you possess?
- ♦ What super hero powers do you wish you had?
- ♦ What can you do to increase your power?

Reflection: Lead the group in a reflection by asking the following questions:

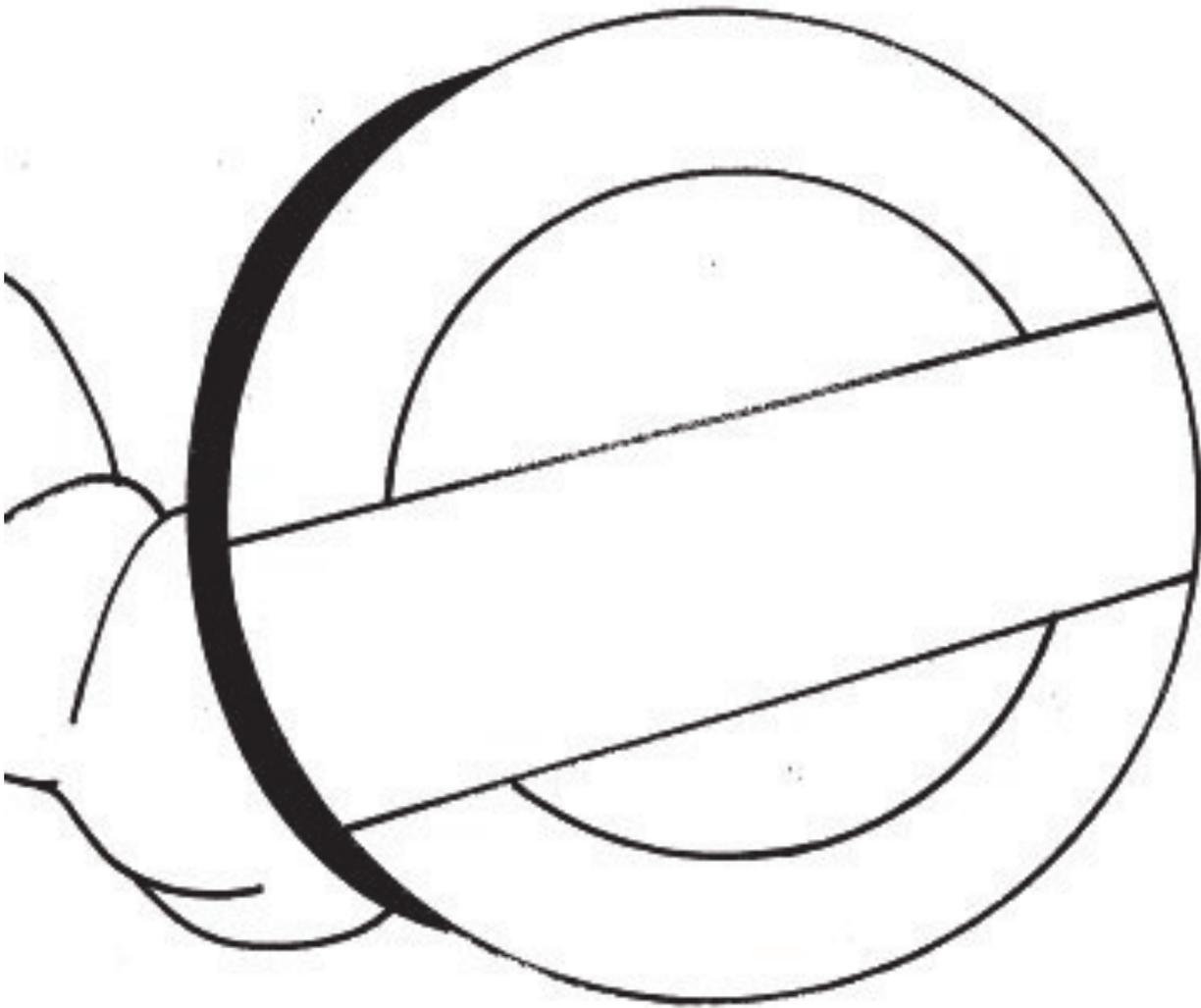
- Was there anything that you found challenging or too easy?
- Can you identify a task or role that your group could take on, based on the strengths of the team?
- How might you use this with your troop?

Team members each have distinct qualities and skills . In order to be successful, team members need to know and call upon each other's special strengths and values.


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Key for Shield Design:

- Area 1– Write something you excel at doing.
- Area 2– Draw a picture representing a goal you accomplished.
- Area 3– Write your credo or a key value you live by.
- Area 4– Draw a symbol of your favorite leisure activity.
- Area 5– Describe in words one of your hidden qualities

