



**Celebrate Family Day**  
**September 28, 2026**



**BE YOUR OWN HERO!**

Children and adults alike are drawn to tales of superheroes for what they stand for: values and characteristics like hope, justice, courage, strength, determination. The following activities are meant to help you and your child become your own superhero by identifying your own unique values and strengths. Then as a family, decide what superhero characteristics each person can contribute to forge a family shield of your combined strengths!

**My Superhero Identity**

1. Make a list below of your own unique “super powers” that help you save the day, help good win over bad, and be an example for others. These can be things like skills, strengths, positive characteristics, or values that are important to you.
2. Come up with a superhero name.
3. Draw your superhero on the next page and write in their name above the picture!

**My special superpowers are:**

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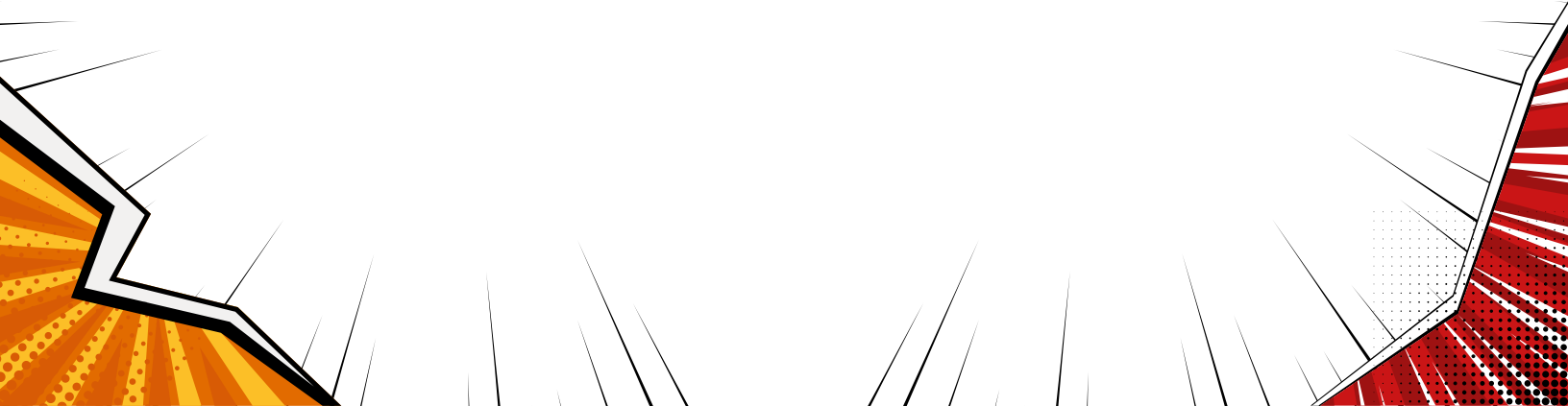
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My Superhero Name Is:



Draw your superhero below!



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# YOUR FAMILY SHIELD

This shield is forged from the combined strengths, skills, and value of each family member.

1. Have each family member pick one or two of their own superpowers to add to the shield. Try and pick ones that represent what is important to your family or things you can contribute to make your family strong.
2. Get creative! Pick colors that represent them and draw small illustrations on the shield to symbolize the values you chose.
3. Display the shield and superheroes on your fridge or a room in your home.

