



# Super Power Day 1

## Self-Esteem & Confidence

Children's  
Mental  
Health  
Matters.org

A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

*ACTIVITY 1: HAVE YOUR CHILD WRITE THINGS THEY ARE PROUD OF ON A PIECE OF PAPER AND TAPE THEM AROUND THE HOUSE AS A REMINDER OF ALL THE AMAZING THINGS THEY HAVE ACHIEVED.*

Journal Prompt: Write about a unique quality that you have that makes you special

"Self-esteem is the real magic wand that can form a child's future. A child's self-esteem affects every area of her existence..."  
-Stephanie Martson





## Super Power Day 2 Managing Stress

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

### ACTIVITY 1: DANCE LIKE NO ONE IS WATCHING

Journal Prompt: What  
pushes your superhero  
"stress buttons" ?

- Being late
- To much home work
- losing something  
valuable
- ETC..



Super Power Day 3

Humor

Children's  
Mental  
Health  
Matters.org

A MARYLAND PUBLIC  
AWARENESS CAMPAIGN



*ACTIVITY 1: TRY SAYING  
"PETER PIPER PICKED A  
PECK OF PICKLED PEPPERS  
" FIVE TIMES FAST*

Journal Prompt: Who is the funniest person you know? What is something that this person said or did that made you laugh?

ALWAYS BE YOURSELF!  
— UNLESS —  
YOU CAN BE  
**BATMAN**  
— THEN —  
ALWAYS BE BATMAN



## Super Power Day 4 Relationships

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

### ACTIVITY 1: GO OUTSIDE AND DO SOMETHING FUN WITH SOMEONE YOU CARE ABOUT

Journal Prompt: Who are the  
Three most important people  
in your life and why?

*There is a  
**SUPERHERO**  
in all of us. We just need the  
**COURAGE**  
to put on the cape.*

*— SUPERMAN —*



## Super Power Day 5 Self Care

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

### ACTIVITY 1: MAKE PLAYDOUGH

- 8 TBSP PLAIN FLOUR
- 2 TBSP TABLE SALT
- 60ML WARM WATER
- FOOD COLOURING
- 1 TBSP VEGETABLE OIL

Journal Prompt: Think of five ways that you can practice self care skills. Examples:

- Riding your bike
- Journaling
- Coloring

You're going to make a difference. A lot of times it won't be huge, it won't be visible even. But it will matter just the same.



JAMES GORDON

THESUPERMOMLIFE.COM



## Super Power Day 6 Imagination

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

### ACTIVITY 1 : BUILD A FORT AND IMAGINE YOU ARE IN OUTER SPACE

1. Journal Prompt: You fly into outer space in a spaceship and discover a new planet. What do you find?





Super Power Day 7

Friendship

Children's  
Mental  
Health  
Matters.org

A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

ACTIVITY 1: THE GOOD FRIEND LIST.  
LIST WHAT QUALITIES MAKE A GOOD  
FRIEND. FOR EXAMPLE,

- SOMEONE WHO SHARES TOYS
- SOMEONE WHO DOESN'T YELL
- ◆ ETC.

Journal Prompt: What do you  
have in common with your  
friends? What are some  
similarities and differences  
between you and your  
friends?



A real friend  
is the only  
**SUPERHERO**  
you will  
ever need!



*Super Power Day 8*  
*Pay it forward*

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

*ACTIVITY 1: GATHER ROCKS FROM  
OUTSIDE, DECORATE IT AND WRITE KIND  
WORDS, THEN LEAVE IT OUTSIDE  
SOMEWHERE FOR OTHERS TO FIND.  
SHARING KINDNESS*

Journal Prompt: Has anyone  
randomly showed you  
kindness? If so how did it  
make you feel ?

Carry out a  
random act of  
kindness, with no  
expectation of  
reward, safe in the  
knowledge that  
one day someone  
might do the same  
for you.

~ Princess Diana



*Super Power Day 9  
Looking towards the  
future*

Children's  
Mental  
Health  
Matters.org

A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

*ACTIVITY 1: WRITE, DRAW  
OR MAKE A COLLAGE OR  
WHERE YOU SEE YOURSELF  
IN THE FUTURE*

Journal Prompt: What's one  
goal or challenge you have  
for yourself this year?

"YOUR FUTURE HASN'T BEEN WRITTEN  
YET. NO ONE'S HAS. YOUR FUTURE IS  
WHATEVER YOU MAKE IT, SO MAKE  
IT A GOOD ONE"

Doc Brown

## Super Power Day 10

### Forgiveness

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN



ACTIVITY 1: CREATE AN ACROSTIC FOR  
THE WORD "FORGIVENESS"

E-XCELLENT

X-OXO

A-WESOME

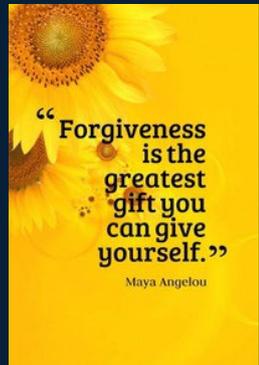
M-ARVEL

P-ATEINT

L-AUGHTER

E-XCITED

Journal Prompt: What would  
the world look like with more  
forgiveness ?



## Super Power Day 11

### Kindness

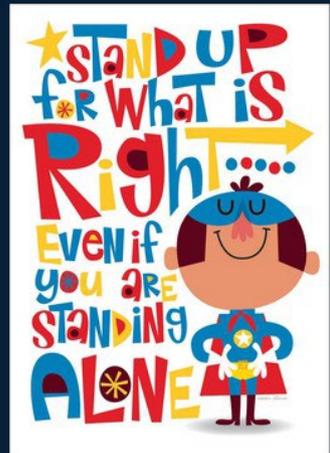


Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

**ACTIVITY 1: T.H.I.N.K." MEANS BEFORE YOU SAY ANYTHING, YOU SHOULD ASK YOURSELF IF WHAT YOU'RE ABOUT TO SAY IS:**

- TRUE
- HELPFUL
- INSPIRING
- NECESSARY
- KIND

1. Journal Prompt: How can you motivate others to be kind?





## Super Power Day 12

### Hopefulness

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

**ACTIVITY 1: BUILD OR MAKE SOMETHING! TAKE A COLLECTION OF MATERIALS OR SUPPLIES AND TURNS THEM INTO SOMETHING ELSE. EXAMPLE:**

- AN OLD CARDBOARD BOX CAN BECOME A CASTLE.
- A BIT OF DIRT AND SOME PLASTIC DINOSAURS CAN BECOME A FAIRY GARDEN

1. Journal Prompt: Did you see anything today that gave you hope? (example: news article, random act of kindness, funny meme on social media)

Hope is like the

Sun. 

When it's behind the clouds,  
it's not gone,

**you** just  
have to **Find** it!



## Super Power Day 13 Power of Positivity

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

**ACTIVITY 1 : IDENTIFY A SONG  
THAT WILL TAKE YOU TO A  
PLACE OF POSITIVITY WHEN  
YOU' RE IN NEED OF A MOOD  
BOOST!**

1. Journal Prompt: What is something that always puts you in a good mood?

The positive thinker sees the invisible, feels the intangible , and achieves the impossible.

Winston Churchill



# Super Power Day 14

## Self-Expression



Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

### ACTIVITY 1: DRAW A VISUAL JOURNAL

INSTEAD OF EXPRESSING YOUR  
FEELINGS THROUGH WORDS,  
CLIENTS CAN USE SIGNS, MARKS  
OR SYMBOLS ON PAPER TO  
EXPRESS WHAT YOU ARE FEELING.  
YOU CAN USE WHATEVER TYPES OF  
SYMBOLS THAT MAKE SENSE TO  
YOU TO SHARE YOUR EMOTIONS

1. Journal Prompt: Describe something you disagree with an adult in your life about. How do you and an adult communicate about it?

*creation*  
is a better means  
of **SELF-EXPRESSION**  
than possession;  
it is through **CREATING**,  
*not possessing*,  
that life is revealed.

-Vida Dutton Scudder



## Super Power Day 15

### Gratitude

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

ACTIVITY 1: GRATITUDE BOX IS A THOUGHTFUL WAY TO SHARE YOUR FEELINGS WITH LOVED ONES AND CULTIVATE YOUR OWN SENSE OF GRATITUDE.

THIS IS ANOTHER EASY ACTIVITY THAT REQUIRES ONLY A BOX, SOME PAPER, AND A PEN OR PENCIL TO WRITE DOWN GRATITUDE MESSAGES

1. Journal Prompt: Name three everyday items that you are grateful for ?

**Even in the chaos  
of everyday life,  
moments of  
gratitude remind  
us to hold on to  
the good things.**

BRIT MORIN



## Super Power Day 16 Pursuit of Happiness

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

### ACTIVITY 1: DRAW SOMETHING THAT MAKES YOU HAPPY

1. Journal Prompt: How can you give back happiness to those who bring you joy?

You got a dream  
you gotta protect it.

People can't do  
something themselves  
they tell you, you can't do  
it. If you want something,  
go get it, period.

WILL SMITH



## Super Power Day 17 Healthy Boundaries

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

**ACTIVITY 1: WORK WITH YOUR PARENT OR INDEPENDENTLY TO IDENTIFY HEALTH AND NON HEALTHY BOUNDARIES AND WRITE THEM DOWN**

1. Journal Prompt: A boundary is an invisible barrier between yourself and others limits which you will not go past.

How do I communicate my boundaries to other people?

”

Setting boundaries is your responsibility.  
People will continue to do what you allow. You get to decide what is and what isn't allowed in your life.

[InteriorLoveAffair.com](http://InteriorLoveAffair.com)

## Super Power Day 18 Purpose and Meaning



Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

*ACTIVITY 1: WRITE A FAMILY PURPOSE STATEMENT. IT CAN BE AS LONG OR SHORT AS YOU LIKE—IT JUST NEEDS TO REPRESENT WHAT'S TRULY THE MOST IMPORTANT TO YOUR FAMILY. ONCE THE FAMILY PURPOSE STATEMENT IS WRITTEN, PAINT IT ON A CANVAS TOGETHER*

Journal Prompt: One way I like to express my love is...

LIVE WITH  
PURPOSE

Super Power Day 19

Positive Support

Systems

Children's  
Mental  
Health  
Matters.org

A MARYLAND PUBLIC  
AWARENESS CAMPAIGN



## ACTIVITY 1 : CUP OF COMFORT ACTIVITY

[HTTPS://STORE.SOCIALEMOTIONALWORKSHOP.COM/PRODUCTS/SOCIAL-EMOTIONAL-LEARNING-CRAFT-TO-IDENTIFY-SUPPORT-SYSTEM](https://store.socialemotionalworkshop.com/products/social-emotional-learning-craft-to-identify-support-system)

Journal Prompt: Who are some positive people you can lean on for support and why?

Anything is possible  
when you have the  
right people there to  
support you.

✕

MISTY COPELAND



## Super Power Day 20 Mindfulness

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

**ACTIVITY 1: BREATHING.**  
**FOCUSING ON THE SOUNDS OF**  
**YOUR OWN BREATH AND MOTION**  
**OF YOUR BELLIES RISING AND**  
**FALLING HELPS YOU LEARN TO**  
**BE IN THE PRESENT MOMENT.**

1. Journal Prompt: Sit quietly and just think for five minutes. What thoughts go through your head?



# Super Power Day 21

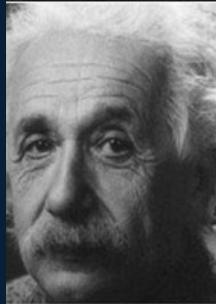
## Social Justice



Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

ACTIVITY 1: READ "THIS IS OUR HOUSE" BY MICHAEL ROSEN. IN THIS BOOK, GEORGE, THE MAIN CHARACTER, CREATES A CARDBOARD BOX. WHEN OTHER CHILDREN COME AND TRY TO PLAY IN THE BOX, GEORGE TURNS THEM AWAY FOR THEIR OUTWARD CHARACTERISTICS. THE STORY TEACHES YOUTH THAT EVERYONE LOOKS DIFFERENT AND IT IS HURTFUL WHEN OTHERS ARE TREATED POORLY BECAUSE THEY ARE DIFFERENT, HAVE RED HAIR, ETC. CREATE YOUR OWN "CARDBOARD BOX," AND HAVE EVERYONE GO INSIDE IT

✦ ✦  
Journal Prompt: Why is it important to take action against things that you feel are wrong? ✦ ✦



Striving for social justice is the most valuable thing to do in life.

— Albert Einstein —

AZ QUOTES



## Super Power Day 22 Responsibility

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

**ACTIVITY 1: CREATE A MORNING  
AND NIGHT ROUTINE. HAVING A  
STRUCTURE AND ROUTINE HELPS  
REDUCE ANXIETY**

1. Journal Prompt: What does it mean when someone tells you to take responsibility for your actions?

**ACCEPT RESPONSIBILITY**  
for your actions.

**BE ACCOUNTABLE**  
for your results.

**TAKE OWNERSHIP**  
of your mistakes.



## Super Power Day 23 Honesty

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

### ACTIVITY 1: CREATE AN HONESTY LIST. LIST TIMES YOU WERE HONEST.

- ✦ 1. Journal Prompt: Think about characters from books, TV, and movies who have lied. Did it work out for them? Why or why not?

"Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed. If people all over the world would do this, it would change the earth." **William Faulkner**

**Faulkner**



# Super Power Day 24

## Trust



Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

### ACTIVITY 1: TRUST WALK FUN! DIVIDE INTO TWO GROUPS.

BLINDFOLD ONE GROUP AND LET ONE KID FROM EACH GROUP HOLD HANDS WITH EACH OTHER TO FORM A PAIR. EACH PAIR SHOULD HAVE ONE KID WHO HAS THE BLINDFOLD AND ONE WHO DOESN'T. THE KID WHO IS NOT BLINDFOLDED HAS TO GUIDE THEIR PARTNER CAREFULLY THROUGH THE PATH AND REACH A SAFE ZONE. ONCE ALL KIDS ARE IN THE SAFE ZONE, SWITCH THE BLINDFOLD AND PUT IT ON THE KIDS WHO DID NOT WEAR IT EARLIER

Journal Prompt: Who is  
one person you trust and  
why ?

All you  
need is  
faith  
trust and a little pixie dust



## Super Power Day 25 Affirmations

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

**ACTIVITY 1 : DRAW AFFIRMATIONS ON THE MIRROR. PARENTS CAN HELP THEIR CHILDREN USE STICKY NOTES OR WASHABLE MARKERS TO PLACE OR DRAW AFFIRMATIONS ON THE MIRROR. WHEN THEY LOOK IN THE MIRROR, THEY WILL BE REMINDED OF ALL THE WAYS THEY MATTER AND MAKE A DIFFERENCE IN THIS WORLD.**

Journal Prompt: I am  
unique because ....

### Positive Affirmations

- ♥ Today will be a good day
- ♥ Everything will be okay
- ♥ I am in control of my life & feelings
- ♥ I have people that love me
- ♥ I have a lot to be grateful for
- ♥ Tomorrow will be better
- ♥ Everything I need is within me





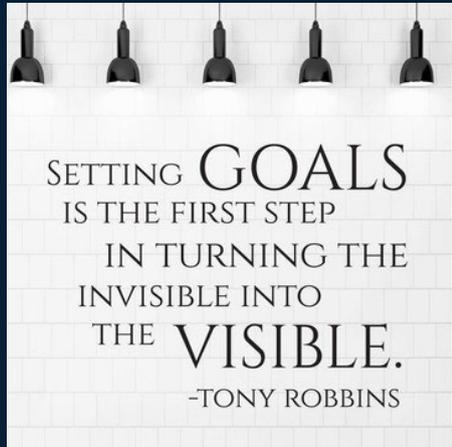
## Super Power Day 26

### Goal Setting

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

## ACTIVITY 1: MAKE A BUCKET LIST OF ALL OF YOUR GOALS

Journal Prompt: If I could be doing anything with my life right now, what would I be doing?





## Super Power Day 27 Health & Wellness

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

**ACTIVITY 1: START THE DAY WITH A HEALTHY BREAKFAST. EATING CEREAL CAN TAKE, LITERALLY, FIVE MINUTES. IF POSSIBLE, TRY TO SIT DOWN AS A FAMILY A COUPLE TIMES A WEEK FOR A WHOLE-GRAIN BOWL OF CEREAL TOPPED WITH FRUIT.**

1. Journal Prompt: What new exercise would you like to try today?

Examples:

Yoga,  
Running,  
Jumping,  
Bear crawls,  
Crab walk

“  
"A healthy  
outside  
starts from  
the inside."  
”

*-Robert Ulrich*



## Super Power Day 28 Self Awareness

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

**ACTIVITY 1: CREATE A SELF PORTRAIT. USING MATERIALS SUCH AS CONSTRUCTION PAPER, CRAYONS, MARKERS OR PAINT ALONG WITH ANY OTHER OF CRAFT MATERIALS YOU THINK THE YOUTH WILL NEED TO COMPLETE THE SELF-PORTRAIT.**

1. Journal Prompt: If someone else described you, what do you think they'd say? Why?

It is so *important* to take time for yourself and find clarity. The most important relationship is the one you have with yourself.

✧

DIANE VON FURSTENBERG

GH

## Super Power Day 29

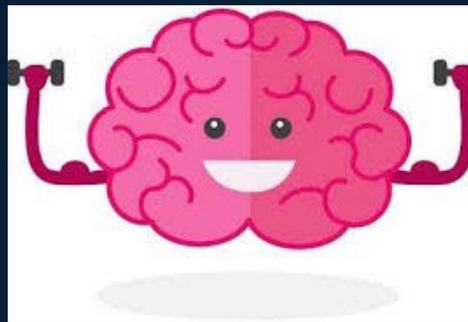
### Brain Break



Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

*ACTIVITY 1: FREEZE DANCE BREAK! PLAY A CATCHY TUNE AND FREELY DANCE (OR CALL OUT INSTRUCTIONS TO DANCE IN PARTICULAR WAYS, SUCH AS "DANCE AS IF YOU HAVE A SORE FOOT" OR, "DANCE AS IF YOU JUST WOKE UP")*

1. Journal Prompt: Why are Brain breaks so important?





## Super Power Day 30 Adaptability

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

*ACTIVITY 1: PLAY SOME  
ROUNDS OF CHARADES. SET  
UP THIS GAME BY WRITING  
DOWN THE NAMES OF  
ANIMALS AND/ OR  
SCENARIOS THAT ARE  
EASILY ACTED OUT*

Journal Prompt: Do you  
like change or find it  
difficult? Explain why.

Adaptability is being  
able to adjust to any  
situation at any  
given time

John Wooden  
PICTUREQUOTES.COM



## Super Power Day 31 Problem Solving

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

*ACTIVITY 1: TOWER BUILDING ACTIVITY. USING SPAGHETTI AND MARSH MELLOWS, FIND A PARTNER OR GROUP. PROVIDE EACH TEAM WITH AN EQUAL AMOUNT OF SPAGHETTI AND MARSH MELLOWS. THE GOAL IS TO SEE WHICH TEAM CAN BUILD THE HIGHEST TOWER WITHIN A SET AMOUNT OF TIME.*

Journal Prompt: Think about the community in which you live. Think about what you could do to make it a better place. Choose one problem that needs to be solved to make your community a better place to live.

"We cannot solve our problems with the same thinking we used when we created them."

Albert Einstein