

SUPERHERO ACADEMY WORKBOOK

Would you like to
become a superhero?



NAME

AGE

SCHOOL



RESOLVEit
EVERYONE HAS THE RIGHT TO FEEL SAFE

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WHITE

RESPECT Definition

How do you show respect and understanding?

- 1) _____
- 2) _____
- 3) _____

ALL ABOUT YOU

Challenge 1 - What makes you, YOU?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Challenge 2 - How people are different

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

WORD
of the
WEEK



RESPECT



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RESPECT AND UNDERSTANDING

Challenge 3

★ Create a poster illustrating the concept of respect

List 5 different ways you show respect and understanding:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

List 5 reasons why you should show respect and understanding:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

YELLOW

EMPATHY Definition

FIRST IMPRESSIONS

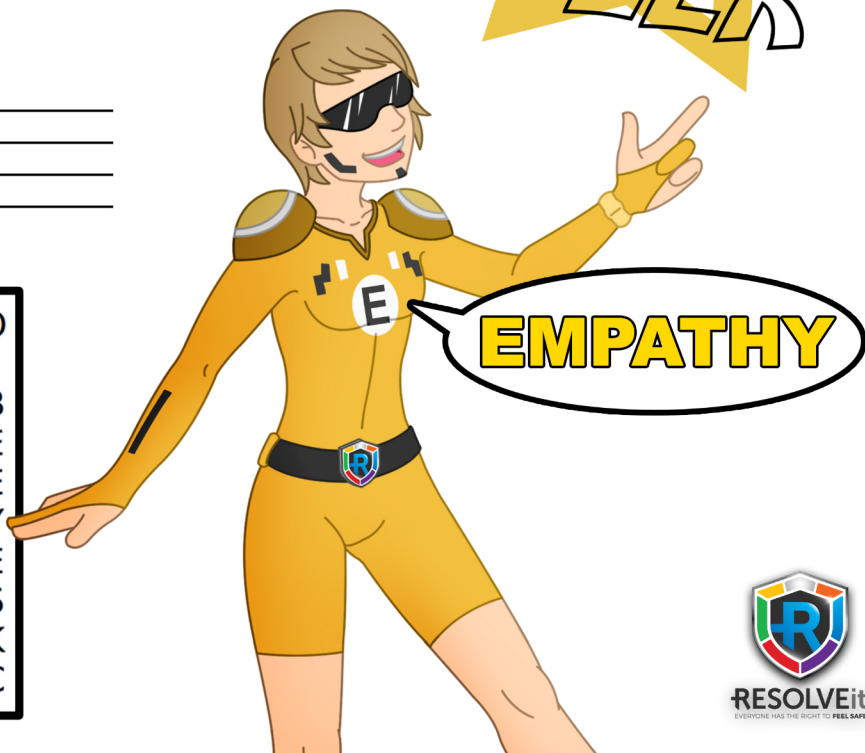
What does 'First Impressions' mean?

BODY LANGUAGE

- ★ Eyes
- ★ Posture
- ★ Arms
- ★ Legs
- ★ Happy
- ★ Sad
- ★ Cheerful
- ★ Annoyed
- ★ Excited
- ★ Angry



WORD of the WEEK



Challenge 1

List five things you **THINK** your friend likes (e.g., favourite colours, activities, music, food):

1	_____	Why? _____
2	_____	Why? _____
3	_____	Why? _____
4	_____	Why? _____
5	_____	Why? _____



FRIENDSHIP

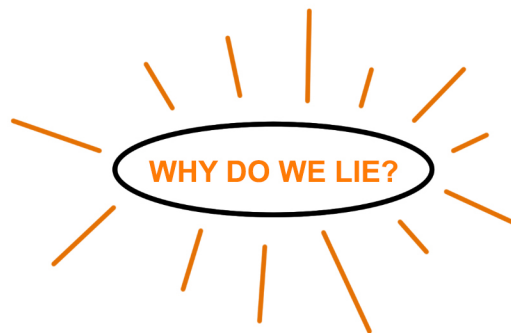
What does friendship mean to you? Make a list:

★	_____
★	_____
★	_____
★	_____
★	_____
★	_____
★	_____
★	_____

How can you keep your friendships growing?

ORANGE

SINCERITY Definition



TRUST

Challenge 1- What does it mean to trust someone?

List 6 things:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Challenge 2- What is lying? Describe.



ANGER TRIGGERS

What does anger mean?



An adult tells me off

Angry response-

Calm response-

I feel left out

Angry response-

Calm response-

My sibling and I fight

Angry response-

Calm response-

I break something

Angry response-

Calm response-

I lose in a game/match

Angry response-

Calm response-

I can't work something out

Angry response-

Calm response-

Someone hurts me

Angry response-

Calm response-

Someone picks on me

Angry response-

Calm response-



BLUE

ORIGINALITY Definition

ACTIVE LISTENING

Your own definition of 'Active Listening'

WORD
of the
WEEK

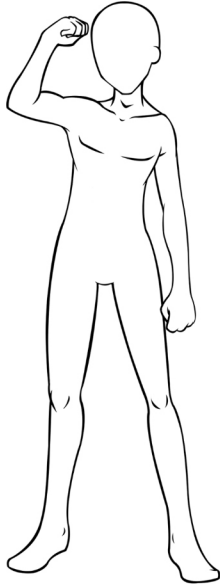


ORIGINALITY



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Challenge! Label the body detailing how each feature can be used to show you are actively listening



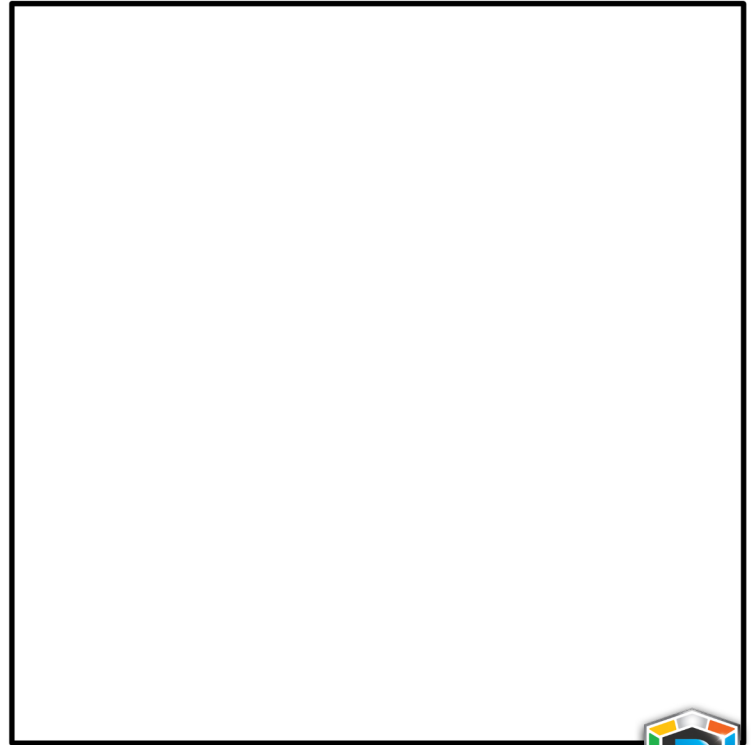
NON-VERBAL COMMUNICATION

What are the four types of non-verbal communication?

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Can you show how **not** speaking can help you to communicate, understand others and be a better listener?

Challenge!- Create a mime, use this space to draw or write down your ideas.



GREEN

LOYALTY Definition

PEER PRESSURE

How would you deal with peer pressure?

If you felt you were being peer pressured into doing something, who would you tell?



WORD
of the
WEEK

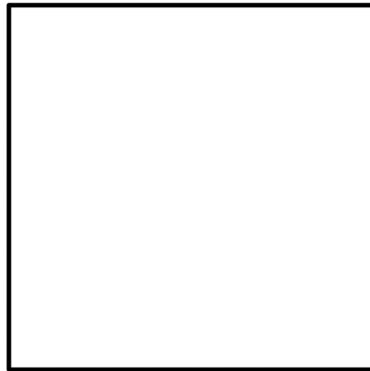
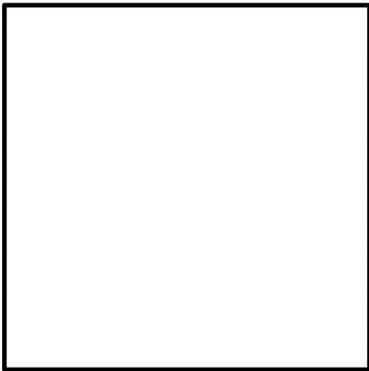
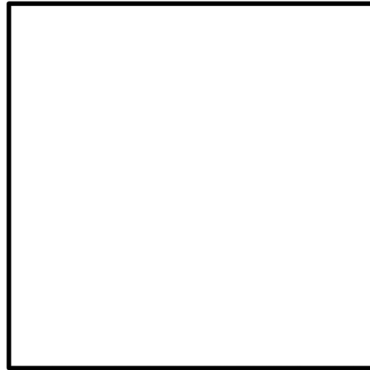
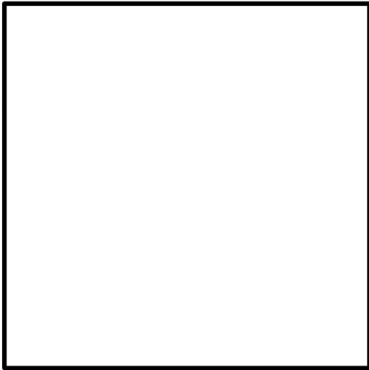
LOYALTY



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UNDERSTANDING BULLYING

For each of the 4 types of bullying create an illustration to represent them.



Group Challenge!

Is bullying normal?

Why do people bully?



Challenge - Create your own anti-bullying superhero



RED

VIRTUE Definition

THE BYSTANDER EFFECT

What is a bystander?

How could you be an awesome 'upstander'?

WORD
of the
WEEK



VIRTUE



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Write about your experience. Points to include:

- What was it like?
- Did it help?
- How did the person you stood up for feel when you stepped in?

CYBER BULLYING

What is cyber bullying?

How would you deal with cyber bullying if it was happening to you?

Try and remember these tips:

1. Don't reply to any nasty messages you receive.
2. Keep the messages you have been sent so you can show someone.
3. Don't answer any calls from a withheld number or from a number you don't recognise.
4. If you change your number, only give out your new number to close friends.
5. Don't keep cyber bullying to yourself or try to deal with it alone.
6. Tell an adult you trust, like a parent, grandparent or teacher. It helps to talk.



PURPLE

EMPOWERED Definition

PERSONAL SAFETY

What is a personal safety?

Who is responsible for your safety?



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GROUP TASK

In groups, explore and discuss the 4 RESOLVEit principles

AWARENESS: _____

AVOIDANCE: _____

DIALOGUE: _____

ACTION: _____



AWARENESS



AVOIDANCE



DIALOGUE



ACTION



Where would you go you go for help if you were lost or in danger?

Who would you go to for help?

What information would you need to give the shop assistant/security guard?



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ROAD SAFETY



Write what each colour means

RED:

AMBER:

GREEN:



RULES OF ROAD SAFETY

There are 6 steps you must follow before crossing a road.

Fill in the boxes below from 1 to 6 to determine the correct order:

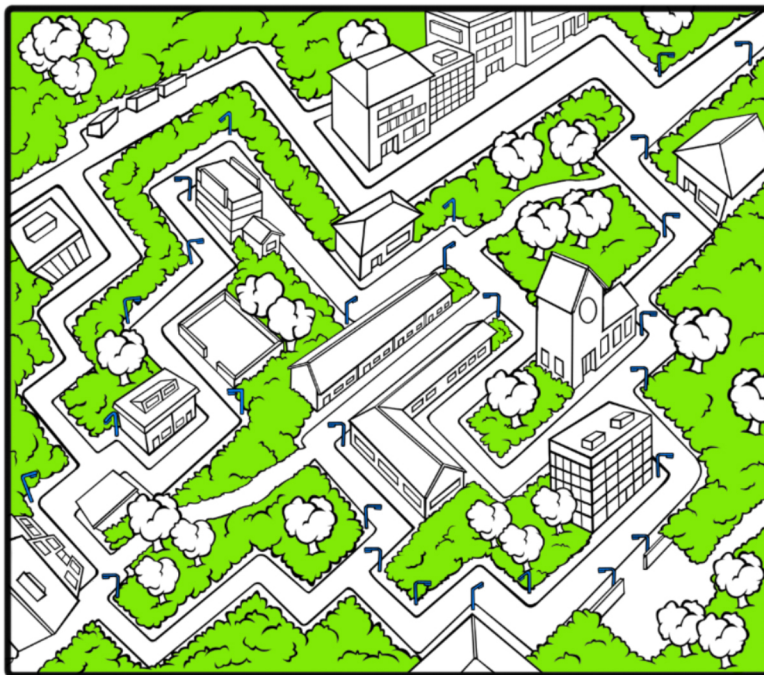
- Arrive to the other side
- Stop
- Look both directions
- Listen for vehicles
- Wait until it's safe to cross
- Think first

Always take the safest route home and remember to use the safest places to cross.

SAFE WAY HOME

Find the safest way home by following the **STREET LIGHTS** from school.

You may colour in the town after you have finished the maze.



HOME



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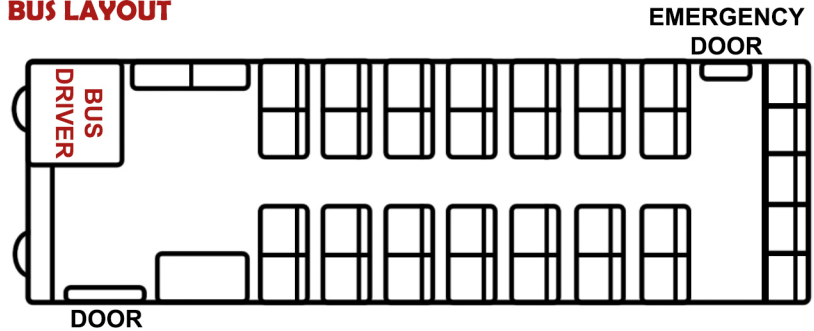
HOW TO STAY SAFE ON PUBLIC TRANSPORT

Using the safety information on the previous pages, colour in the safest areas to sit on both layouts using the colour green.

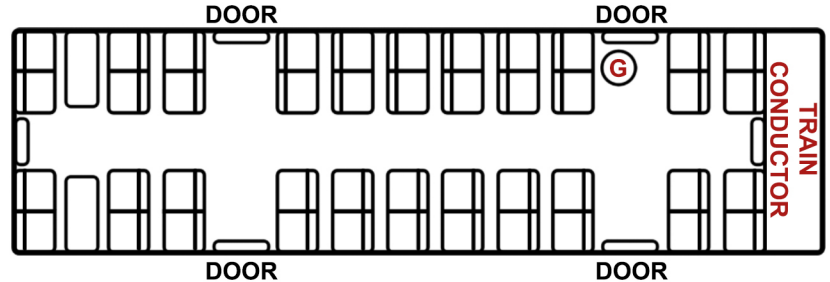
Mark the least safest areas on both layouts using the colour red.



BUS LAYOUT



TRAIN LAYOUT



KEY:  = TRAIN GUARD

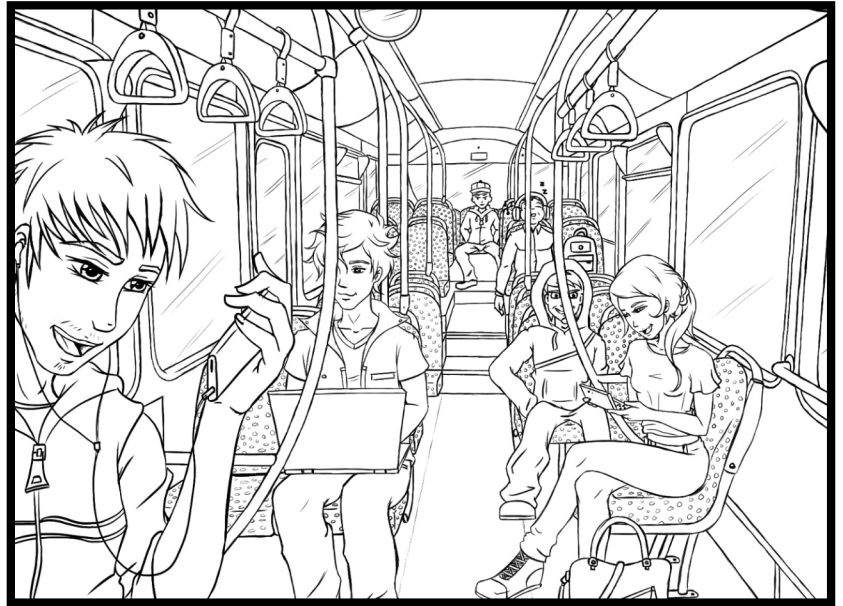


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PUBLIC TRANSPORT

Physical items aren't the only things that can be taken when on public transport.

Circle the objects that could be at risk of being stolen.



Write down below 2 ways within the picture that someone could steal personal information without touching you or your belongings.

1.

2.



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SAFETY IN YOUR HOME



Circle 6 ways that a stranger from outside the home could try to communicate with you and put you in danger.



What is meant by personal space?

ONLINE SAFETY









What is online safety?



SOCIAL MEDIA - CHALLENGE

Guess the age rating for each social media platform

7+	10+	13+	14+	16+	18+

- FACEBOOK 
- TWITTER 
- SNAP CHAT 
- YOUTUBE 
- INSTAGRAM 
- TWITCH 
- WHATS APP 
- PINTEREST 
- TIK TOK 

VIDEO GAME AGE RATINGS

GAME	AGE RATING
<input type="checkbox"/> CRASH TEAM RACING	
<input type="checkbox"/> CALL OF DUTY	
<input type="checkbox"/> MINECRAFT	
<input type="checkbox"/> FORTNITE	
<input type="checkbox"/> TEKKEN 7	
<input type="checkbox"/> GRAND THEFT AUTO V	



Place a "tick" inside the box if you had the correct answer

BLACK

DETERMINED Definition

MINDFULNESS & GRATITUDE

What does it mean to be mindful?

What does gratitude mean?

WORD
of the
WEEK



YOUR MINDFULNESS CHALLENGES

Once you complete each activity put a tick in the box next to each challenge!

☆ Challenge 1: I can change my mindset!

☆ Challenge 2: The power of YET!

☆ Challenge 3: The attitude of gratitude

☆ Challenge 4: Our classroom gratitude tree



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CHALLENGE 1: I can change my mindset

Celebrate how **AMAZING** you are by filling in this page!







4 Positive qualities I have

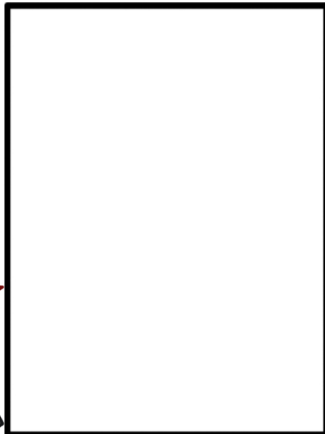
5 Things I did well this week



CHALLENGE 2: The power of YET

MY NAME

Draw or glue a picture of YOU below.



Before you knew how to do something, you didn't know how to do it YET.

Draw something you can do very well.



How did you become good at it?

When you think you can't do something, add the word "YET" at the end of your sentence.

I can't do that... YET!

Write your sentence below:

I CAN'T

YET!

I DON'T

YET!



MY GRATITUDE JAR

Think about different people, things and events you are grateful for. Write what and who you are grateful for inside your "Gratitude Jar".



CHALLENGE 3: The attitude of gratitude

Give at least three compliments today to three different people. You can compliment what they did, what they said or what they had.

Write down each person's name and your compliment below.



I gave this compliment to:

My compliment:

I gave this compliment to:

My compliment:

I gave this compliment to:

My compliment:

SAFETY QUESTIONS AND TASKS

1) If you got lost in a supermarket who would you go and ask for help from?

2) If a car stops next to you while you are walking along the pavement and the person inside tries to talk to you would you:

- a) Stop and talk
- b) Walk/run in the same direction as the car is heading
- c) Walk/run in the opposite direction to the car

3) Learn your parents' phone number. So if you were ever to need them in an emergency you know the numbers to call.

Phone number: _____

4) Who should you let into your personal space?

5) If you lost your parents in a public place, where would you go to ask for help?



END OF ACADEMY ASSESSMENT

1) Who should you let into your personal space?

2) List 3 ways in which you can show respect:

3) How can you create a good first impression?

4) How can you keep your friendships growing?

5) There is a new person who has joined your class, explain how you could make them feel welcome and included in their new school.

6) What are the 4 types of non-verbal communication?

7) What are the 4 types of bullying?

8) What is a bystander?

9) How can you help prevent cyber bullying?

10) If you lost your parents in a supermarket who would you go ask for help from?



7

6 ★

8 ★

★4

9 ★

★10

★2

★3

★1

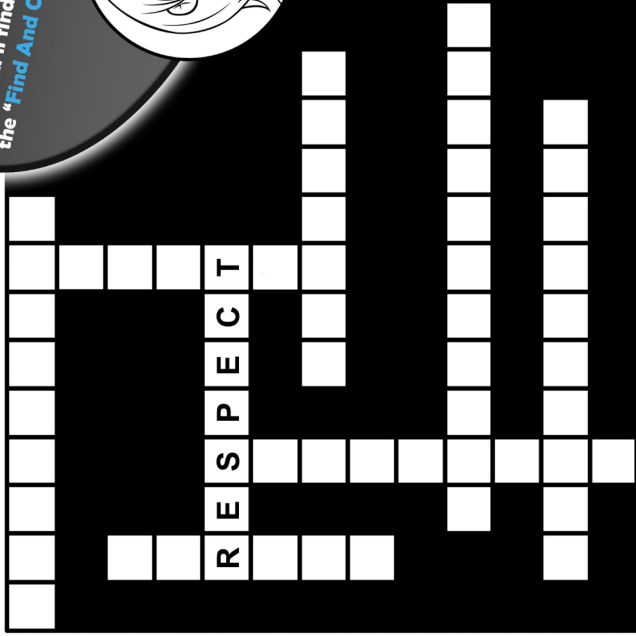


JOIN THE DOTS
 Discover what the act of
 Respect looks like by
 completing this
 dot-to-dot.
 Also try the star-to-star
 in the corner.



SUPERHERO CROSSWORD

Help the rest of the superheroes remember their names.
HINT: You'll find the names on the "Find And Colour" page.



O _____



E _____



L _____



V _____



D _____



S _____



E _____



WORDSEARCH

R B O G O D B T K Y T C D
 I S T C E P S A F M E R H O D Z C
 K U W R A C B I R G F B N B Y A L E P E W
 D R G S U P I V D E R H E O W B I N O S R E N
 O Y T F B A S L O Y A L T Y U N E D Z Y T T B
 T E F I R G F I B T B Y N D I B Y S H A J
 B S A F R B I B U G I U D Z E D E T O Q J
 D P S I R G F I B T B Y N D I B Y S H A J
 G E D F S I R G F I B T B Y N D I B Y S H A J
 C E B I R G F I B T B Y N D I B Y S H A J
 B C D E X L O Y A G B S O U B R A M Z S B F
 V I V I Y A G B S O U B R A M Z S B F
 I V I Y A G B S O U B R A M Z S B F
 D E R H E O W B I N O S R E N B Z I Y J M N G X
 E R H E O W B I N O S R E N B Z I Y J M N G X
 H E O W B I N O S R E N B Z I Y J M N G X
 O W B I N O S R E N B Z I Y J M N G X
 W B I N O S R E N B Z I Y J M N G X
 B I N O S R E N B Z I Y J M N G X
 I N O S R E N B Z I Y J M N G X
 N O S R E N B Z I Y J M N G X
 O S R E N B Z I Y J M N G X
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WORDSEARCH CHALLENGE

- RESPECT
- SINCERITY
- LOYALTY
- EMPOWERED
- EMPATHY
- ORIGINALITY
- VIRTUE
- DETERMINED

- BONUS WORDS**
- PERSONAL SAFETY
- SELF DEFENCE



Superhero Academy Observation Record

SCHOOL/CENTRE	
NAME OF TRAINING PROGRAMME	Superhero Academy
NAME OF STUDENT	

In order to have met the assessment criterion, the student must have successfully demonstrated that they understand, can do and also apply each of the following skills:

PERSONAL SPACE	Student (initial)	Instructor (initial)	Date
PERSONAL SPACE			
THE SHIELD			
PALM DEFLECTION			
WRIST RELEASE			
WRIST RELEASE No 2			
DOUBLE HANDED WRIST GRAB			
SIDE STEP TO EVADE THE			
FRONT OR REAR LEG			
DOWNWARD EVASION			
PALM PUSH			
SHIN TECHNIQUE			
STAND UP			

STUDENT SIGNATURE-_____

INSTRUCTOR SIGNATURE-_____

DATE-_____