

## FEELINGS INSPECTORS RESOURCE Trust

# Superheroes of Mental Health and Wellbeing

## About this activity

In this course, you will notice the Superhero drawings in the top banners. They are from our Feelings Inspectors. Through this activity, we introduced the key elements (Relationships, Kindness, Trust, Love, Empathy and Dignity) as being the Superheroes of mental health and wellbeing.

## What do we need?

Paper  
pens, pencils or paint pens.

## Check-in

At Children's Parliament, we start every session with a check-in. Children love these short activities, and they are a vital piece of our rights-based practice. Choose a check-in using our [Feelings Inspectors Check-in Kit](#).



## Instructions

Ask the children to draw their own superhero character for any of the following themes (they can pick whichever one they want): Relationships, Kindness, Trust, Love, Empathy and Dignity. As the children draw, ask them to think about the qualities of each of the characters.

Just as superheroes trust each other and work together, we sometimes need to be able to trust others and work with them as a team to improve our mental health and wellbeing. Invite the children to think about how people work together to build trust to ensure we all work together to be healthy, happy and safe.

“

**You need to know that  
someone has your back**

”

Relationship *roty*



## A mindful moment

At Children's Parliament, we end every session with a mindful moment to reflect on the session and wind-down. Choose a mindful moment using our [Feelings Inspectors Mindful Moment Kit](#).