

DISCOVER YOUR SUPERPOWERS!



Save the Children



WELCOME TO YOUR JOURNEY!

If you received this workbook, you are most likely living in a shelter with many other people. Perhaps you just arrived in Germany or you have already been here for a while.

Lately, you have probably heard adults talking a lot about the Coronavirus. Because of the virus, schools had to close and you can no longer meet your friends. This can be upsetting and difficult for many children.

This workbook was made exactly for these times. Maybe it can help you if, or when, things don't feel so great. The best way to meet challenges is with courage, curiosity and creativity. This is what we are trying to do in the workbook. Page by page you can discover all the potential that lies within you. And probably, that's much more than you currently think. Who knows, maybe you even have some superpowers of your own.

Would you like to get started? Let's go – and discover all of this together!

Your Save the Children Team 



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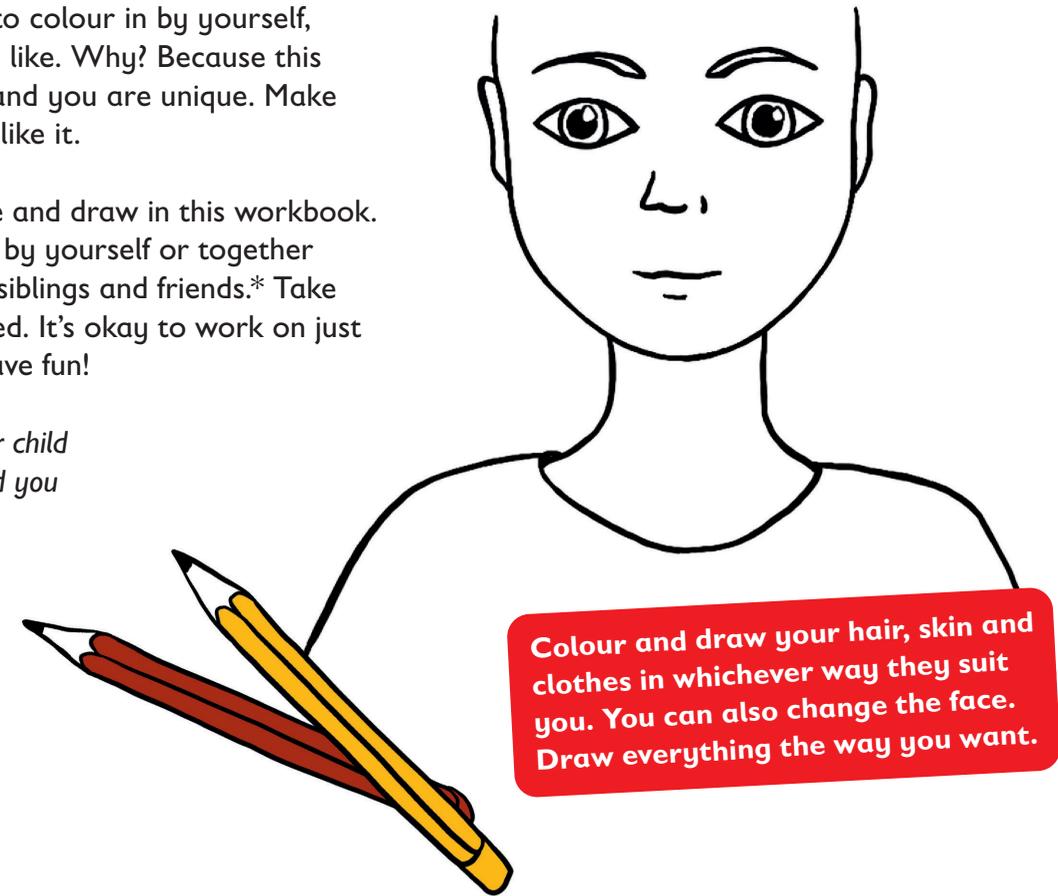
You can download this workbook in seven languages from: www.superkraefte-toolkit.de

YOUR WORKBOOK

This workbook contains lots of pages for you to design and to colour in by yourself, whichever way you like. Why? Because this is your workbook and you are unique. Make it exactly how you like it.

You can read, write and draw in this workbook. You can work on it by yourself or together with your parents, siblings and friends.* Take all the time you need. It's okay to work on just one page a day. Have fun!

**If you are a younger child ask the adults around you if they can help.*



LIKE THIS...

OR THIS...

OR THIS...

OR THIS...



DO YOU ACTUALLY KNOW

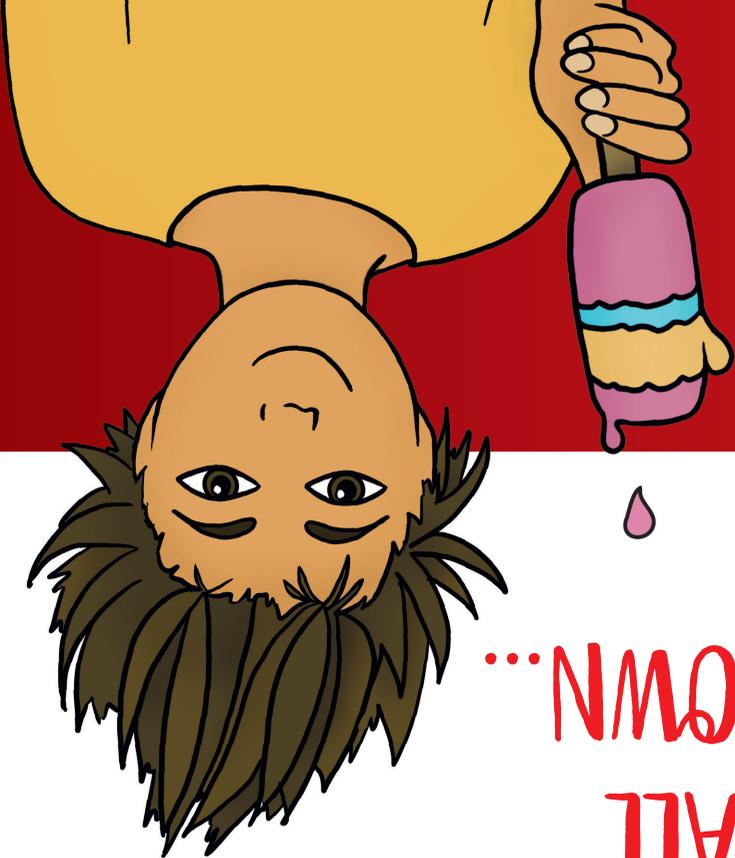
There is only one person like you in the entire world. Maybe you already know this, but a long time ago, scientists discovered that every human on earth is totally unique. We're all built in our own special way.

But there's more. Think about the billions of little circumstances that had to happen for you to come into this world. Your grandparents had to meet and have your parents. Your parents had to meet too and have a child exactly at the time you were born. These are just a few examples for all of the circumstances that led to your creation, exactly as you are today. You see, you actually are a real miracle!

HOW SPECIAL YOU ARE? ✨

I'm eeeextra special! That's because I'm a migration bird. I'm at home in different places. During the summer I live in Europe and in Africa during the winter.





SOMETIMES IT ALL FEELS UPSIDE DOWN...

Our world is full of different people, animals and plants. Everything is constantly moving and changing. But we still have an idea of what we want the next week, the next month or the following year to look like... and then things don't turn out as we thought.

We might like some changes, while other changes are really uncomfortable or even make us feel sad. Mostly, we don't like these kinds of changes at all. Maybe you already experienced some of them. Perhaps, now is one of those uncomfortable times in your life.

That's how this world works. Sometimes it can appear to be quite crazy. Families and places change and in some countries (like Germany) the weather changes four times a year. One day we might be sweating while wearing just a T-shirt, and a few months later, we have to wear scarves and gloves to keep us warm.



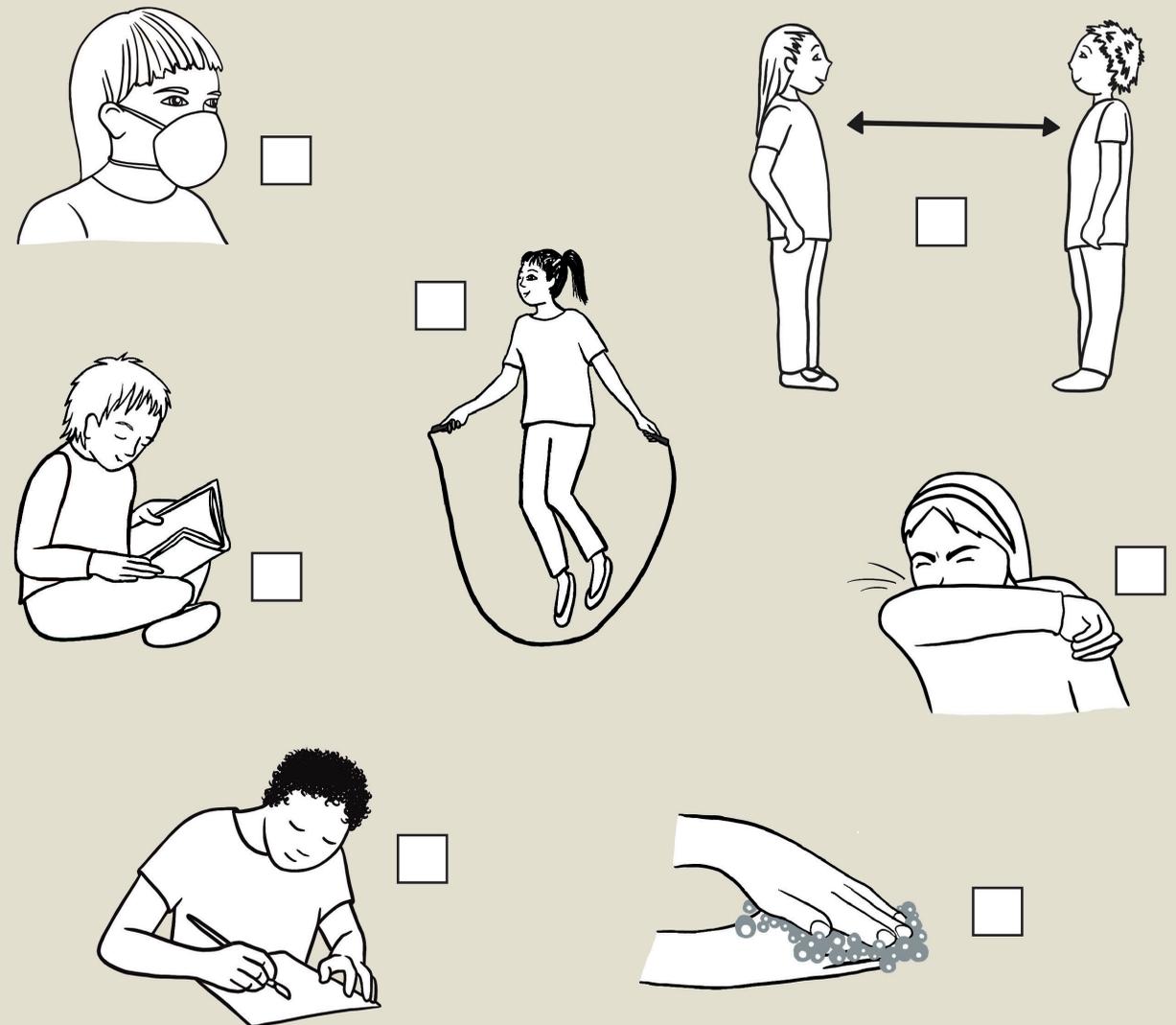
CHANGE IN THE TIMES OF CORONA

Especially in recent times, people have been struggling with the many changes. This was mainly due to the Coronavirus. The Coronavirus causes a disease that has quickly spread all over the world.

That's why people all over the world are working on stopping the Coronavirus from spreading and making many people sick. You probably helped with that too.

For old and sick people it can be especially dangerous. If you get a serious version of the Corona virus disease, you will need a lot of help. Sometimes you may even have to go to the hospital.

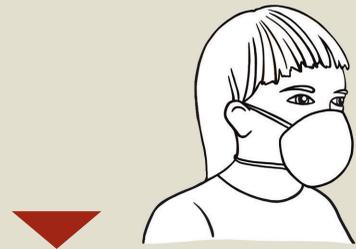
Look at the images below. Do any of these things seem familiar? Do you also see things that are wrong? Tick off all the images you recognise as a safety measure against the Coronavirus.



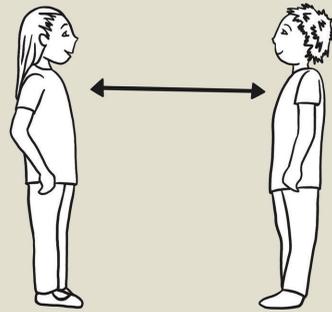
Colour the images if you like.

HERE ARE THE SOLUTIONS:

These are safety measures that can protect us and other people from the Coronavirus and other viruses. Surely you know that small children don't have to wear a mask, but adults do. Washing our hands and keeping a distance to others are things that we can all do for each other.



Adults and older children wear masks, for example, in public transport or in shops.

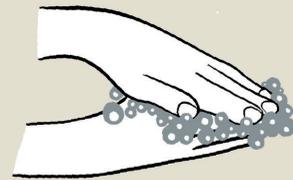


We don't shake hands, and we keep a distance to people we meet.



We try not to cough into our hands or into the air, but into the crook of our elbow.

We wash our hands as often as possible, for example, after playing outside or shopping.



Reading books, being creative, playing games and sports: all of these things can be fun. Fun and exercise are really important for us to feel good. So try to do as many things as possible that feel like fun to you. However, these things aren't directly related to Coronavirus safety measures. To better understand why, take a look at the next page.



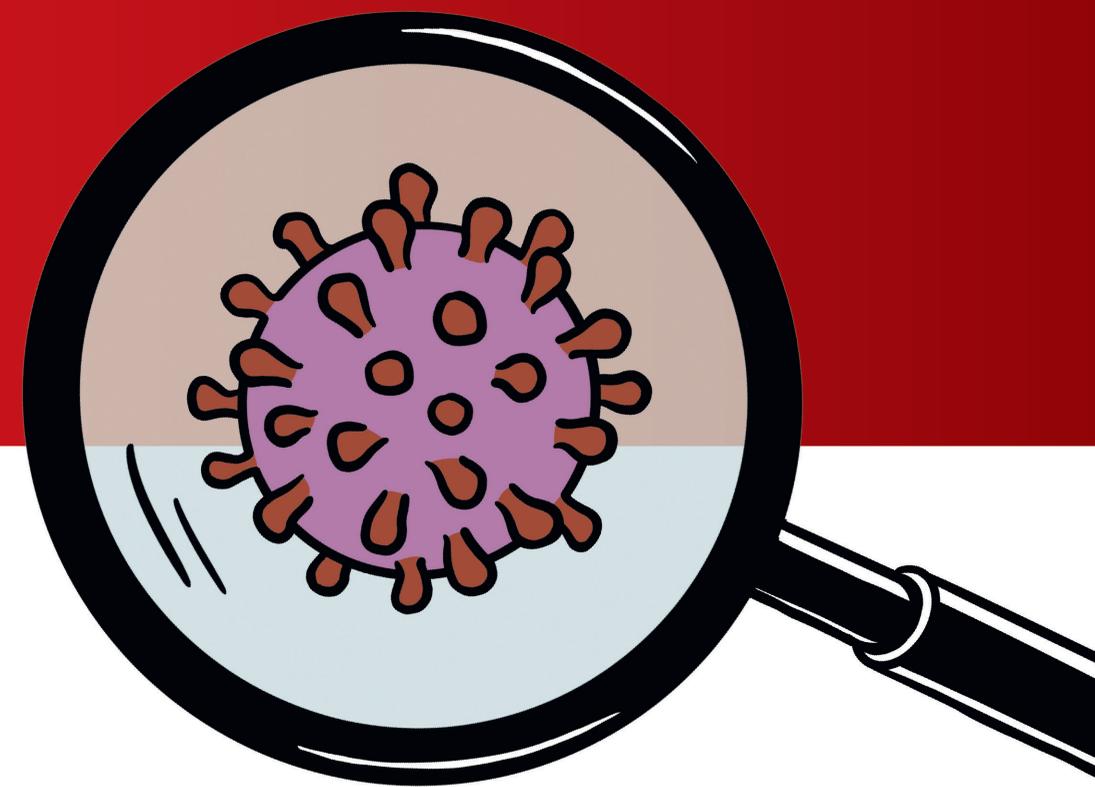
Reading books



Drawing pictures

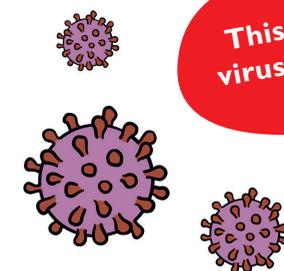


Jumping rope



WHAT IS A VIRUS AND WHY ARE WE DOING ALL THESE THINGS?

- 1 Viruses basically exist everywhere. Most of the time they don't cause any problems. Like humans, they can be very different. But they are so tiny, you cannot actually see them with the naked eye.
- 2 Some viruses – like the Coronavirus – can make people ill. They usually do this by spreading from one person to the next. This is why keeping our distance is so important.
- 3 Especially when we talk or cough, tiny droplets with viruses can fly out of our mouth. For this reason, we wear masks and cough into the crook of our elbow.
- 4 Viruses can sit on our hands. From there they can easily pass onto other things or people when we touch them. That's why we don't cough into our hands and we try to wash them often.
- 5 Many researchers are working to develop vaccines and medicine, so we can all meet and hug again – if we want to.



This Corona-virus is so weird!



FEAR AND COURAGE IN DIFFICULT TIMES

When things change, it can feel scary. It can make us feel insecure. Sometimes we even feel angry and we don't like what is happening at all! Do you also know these feelings? Lately, many children have found it quite difficult that they weren't able to meet their friends. Playing all alone can feel pretty lonely and boring.

Often adults are also stressed. Some of them are very busy because of the Coronavirus rules, or they are scared to get sick. In times with many challenges, we often have to be really patient and brave.

I feel bored all the time. And I have to be quiet because adults don't like a lot of noise. It's really stupid!

What do you find difficult or stupid? Write it in your speech bubble.

My mother is always scared. That makes me feel scared too. I don't want any of us to get sick.



Have you also experienced something nice lately? If you could call someone who you trust and who listens to you: What would you tell them? Use this space to draw or write down what you would talk about:

There can be moments when we need help and there's nobody we can speak with. So we wrote down a phone number for you on page 31. Reach out to call and talk to caring adults who will listen to you and help with your problems.



REAL HEROES ARE ON THEIR WAY

Have people ever told you that superheroes are better, or have more power than other people? Then take another close look. Is this really true?

Most of the heroes we know from books or films actually have a lot in common with us. Almost all of them are scared or feel lonely sometimes. Many of them have lost someone and they find it really difficult to overcome their challenges. They also have to practice quite a lot to be able to use their superpowers. At the beginning of the story they usually don't even know about their powers. That's before their hero's journey begins.

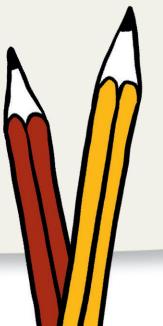
On this and the following pages, we can think about what your own hero's journey might look like. What makes you special? What is it that only you can do for this world? Maybe you'll have great adventures. Or you'll invent something that has never before existed. Maybe you'll help nature, animals or other people. Maybe you don't even know how amazing you really are. That's okay, your journey is just beginning.



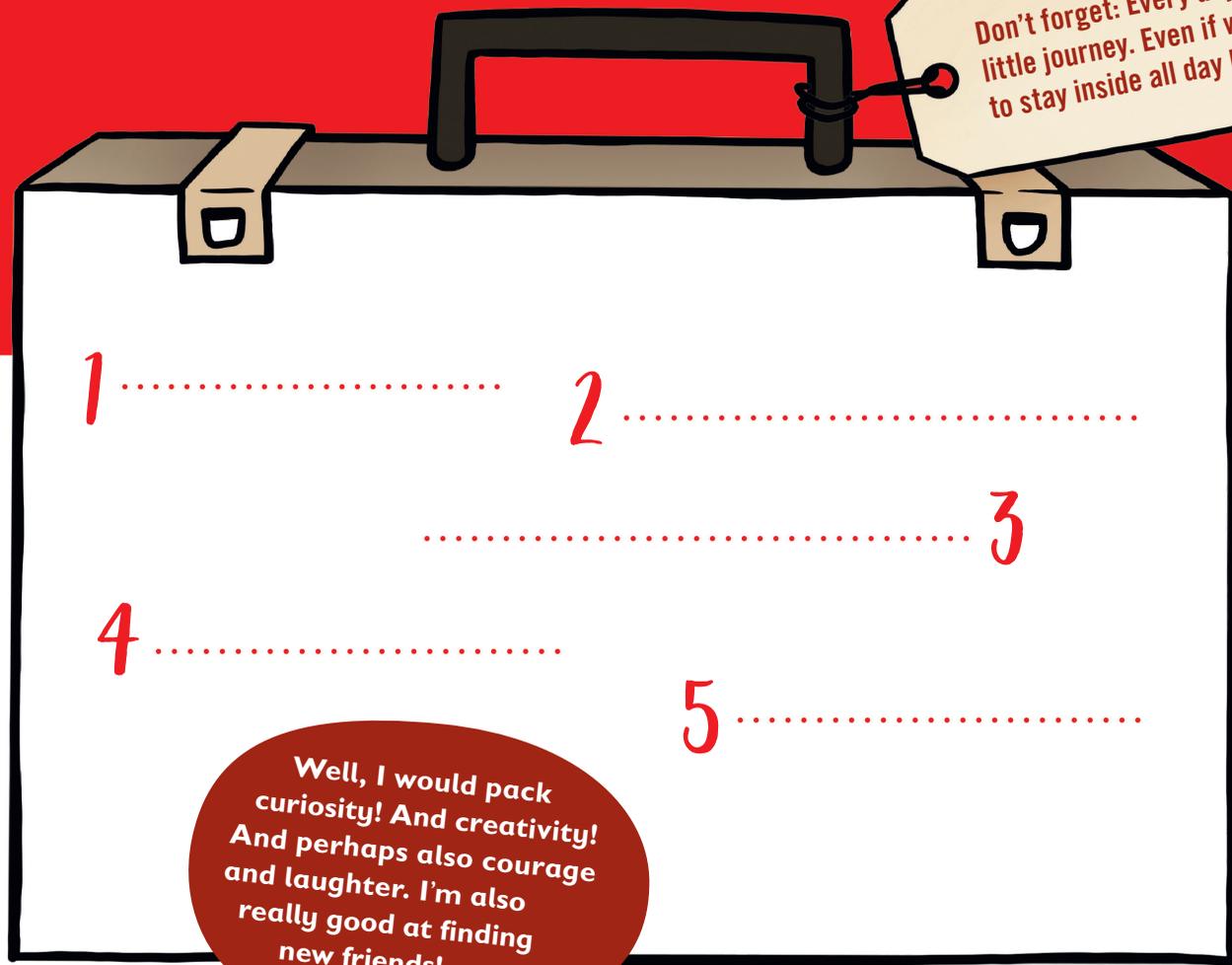
Don't forget: all heroes are unique and special. They can be male or female or whatever they feel like. Everyone can be a hero. So can you!



Draw yourself as a hero. Are there animals, magical creatures or people that you especially like? Maybe you have something in common with them.



Don't forget: Every day is a little journey. Even if we have to stay inside all day long.

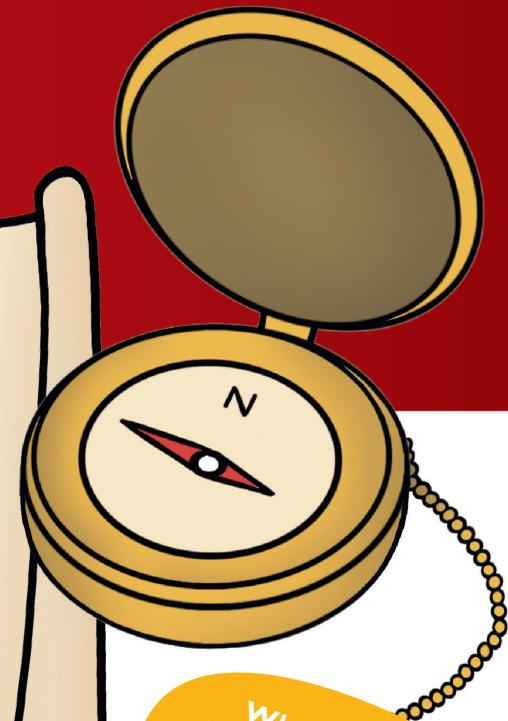
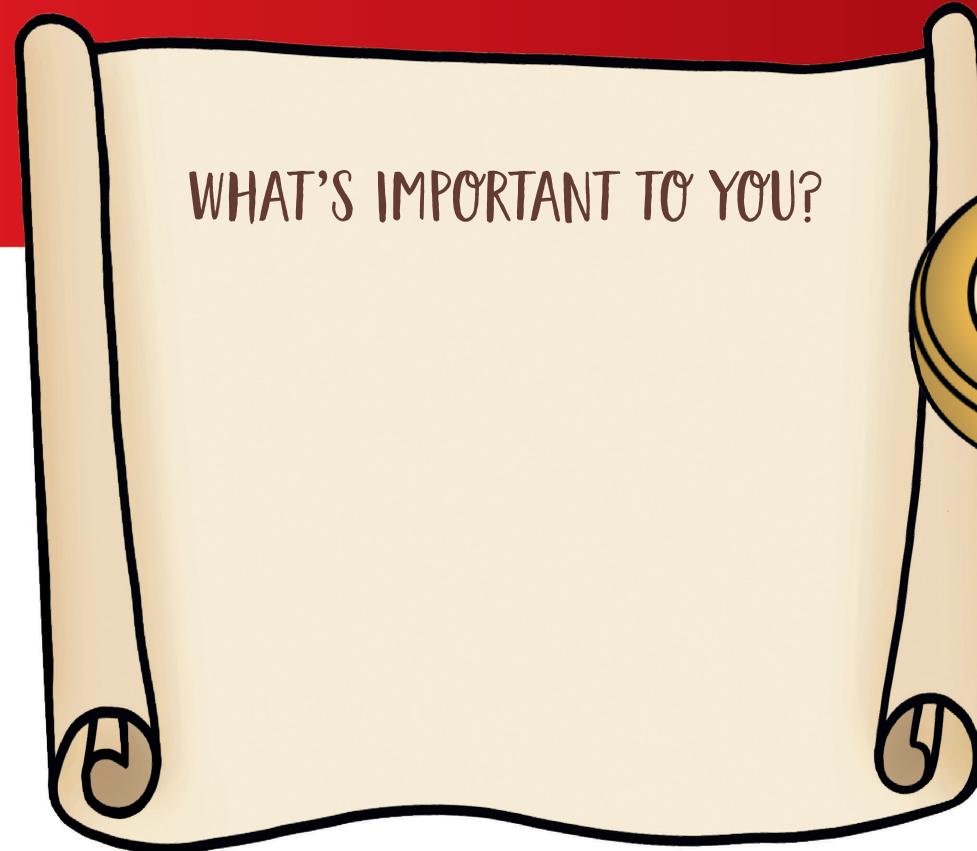


YOUR MAGICAL SUITCASE

Did you discover something you're really good at? If not, there's still plenty of time. Mostly, heroes become super strong on their journey. That's because they have to experience many adventures during this time. They make mistakes and grow by making them. Because all of that is quite difficult, you'd better have some helpful equipment.

Especially smart heroes take a magical suitcase with them. Because the suitcase is magical, it doesn't weigh much at all. It can be tiny and sometimes it's even invisible. You're probably thinking about stuff that you would normally pack, like clothes or toothbrushes. But your magical suitcase is meant for something else. You can actually fill it up with skills that will help you on your journey. This means that these skills are always with you, no matter where you are at any time. What would you pack?

WHAT'S IMPORTANT TO YOU?



When I have no idea what to do, my heart tells me to rely on my courage.

COMPASS AND MAP

Do you know what a compass is? It's a little object that can show you the right direction and which way to go. Having a good compass and a map is really important.

People often say: "follow your heart". What do they mean by that? Our heart actually functions like an inner compass. It can help us by showing us what's really important. Try to listen to what your heart is telling you. Maybe it's important to you that your family is doing well. Or telling the truth is important. Or maybe your heart is telling you something completely different? Write it onto your map.



I learned that it isn't in my power to control if other people say stupid or mean things. But I can control how I react to it! For example I can yell or I just ask someone to help me.



THE KEY TO YOUR HERO'S POWER

Power – that is our ability to change something. Of course we cannot always change everything that we don't like. That's why it's important for heroes to know what is in their power and what is not. This knowledge is the key to one's own power, which can help us to co-create and change the world around us.

If we worry a lot or try to change things that aren't actually in our power, life can feel very exhausting and frustrating. On the other hand there might be much more in your power than you ever thought possible. You decide what to do with it. Maybe you want to do good things? Your inner compass will help you.

Glue your stickers in the right place: place everything you can change or influence by yourself into the keyhole. Everything you can't change on your own, you can place outside of the keyhole.

Don't forget: It can feel very exhausting if we try to change things we can't control. That's why it's usually better to focus on things that we can really influence.

IT IS NOT IN MY POWER ...

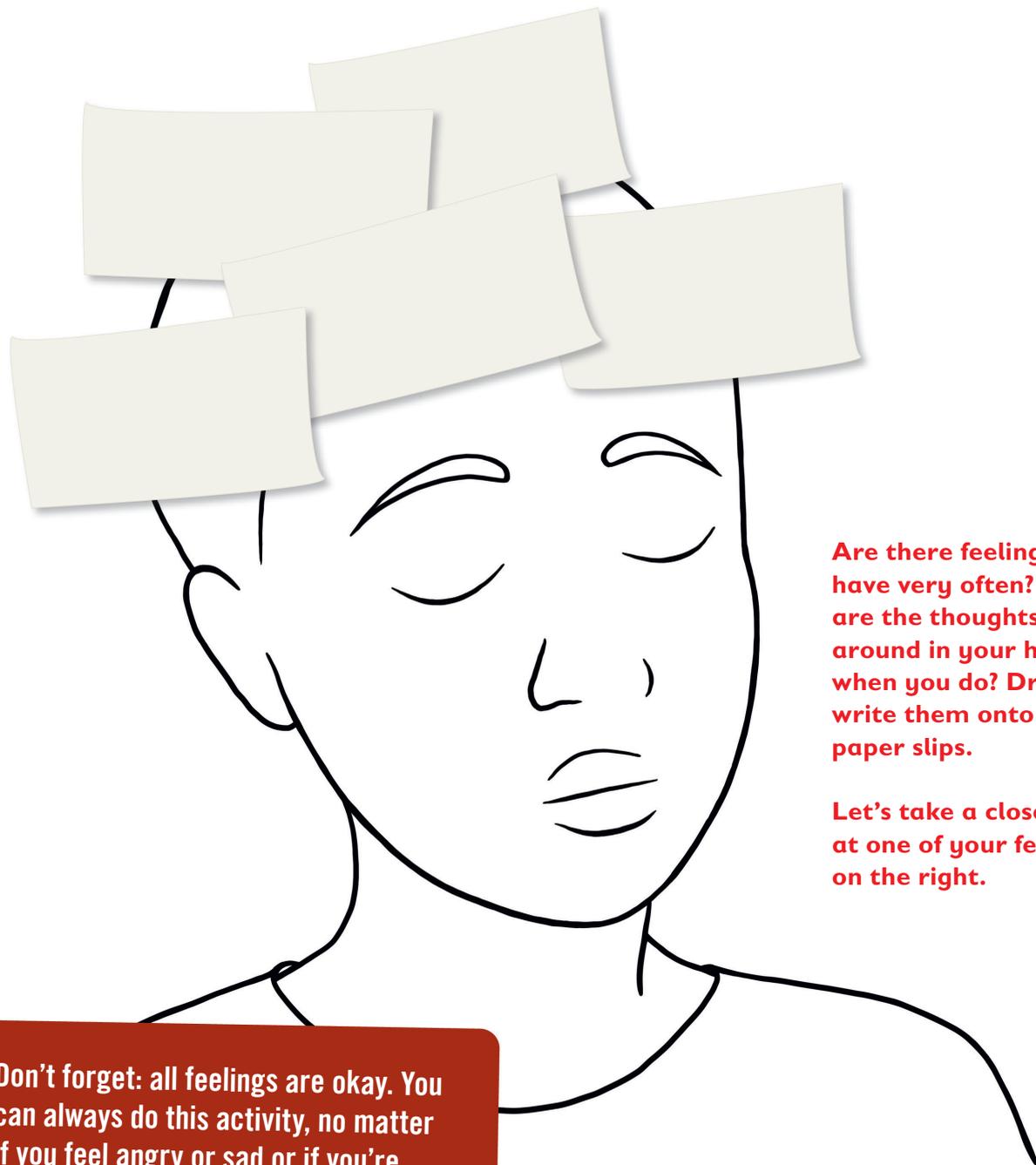
IT IS IN MY POWER ...



Draw and colour the hair, skin and clothes the way you like.

WITHIN OUR POWER: OUR FEELINGS

Did the last activity reveal what's in your power? Maybe, you also glued your feelings into the keyhole. Feelings are continuously changing. Therefore, it's possible that we can initially feel very sad and then full of happiness a little later. It can feel very difficult if there's nothing we can do to make a situation better. In this case we can only influence or accept our feelings. But here also lies a key to our power. Let's try together.

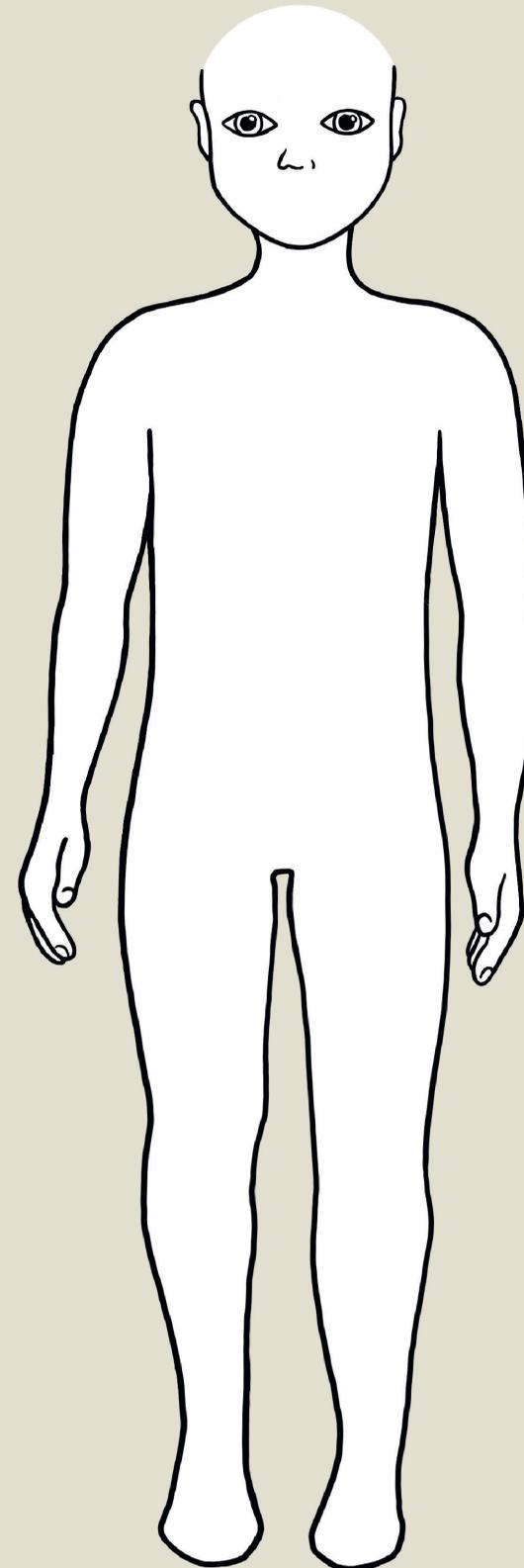


Are there feelings you have very often? What are the thoughts flying around in your head when you do? Draw or write them onto the paper slips.

Let's take a closer look at one of your feelings on the right.

Don't forget: all feelings are okay. You can always do this activity, no matter if you feel angry or sad or if you're bursting with joy.

Draw and colour the hair, skin and clothes as you like.



What does your face look like when you are feeling a certain way? Look into the mirror and draw your mouth and eyebrows.

EXPERIENCING FEELINGS

What are you feeling right now?

.....

Where in your body is your feeling located?

.....

Does your feeling have a colour? Draw it however it feels right.

.....

Now breathe in deeply. Ideally breathe into where your feeling is located.

You can repeat this activity with any feeling. Just use a piece of paper and write or draw what you are currently feeling and thinking.



Let's continue on the next page.

WHAT ARE YOUR FAVOURITE FEELINGS?

Did you write down your thoughts and experience the feelings in your body? Amazing! Then you've already achieved so much. Many times that's not easy to do. Sometimes we actually have really uncomfortable thoughts, for example when we feel sad or angry. Did you also notice that?

Then you probably also noticed that we tend to like some feelings better than others. Let's take a closer look at that and think about your favourite feelings – that means the feelings you like to feel most of all. You never really thought about this? No problem, just try it out now and write them down.

I like joy, love and excitement best.



MY FAVOURITE

FEELINGS ARE:

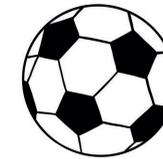
1

..... 2

3



Did you find your three favourite feelings? Great, then let's think about when you usually feel them. Sometimes this has to do with what we are doing at that moment. On the next pages you will find some examples that can help you reflect on that. Just look at them and try them out if you can. When do you feel your favourite feelings?



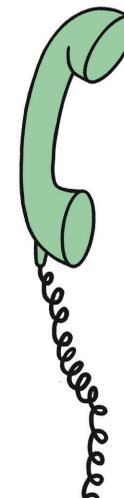
... WHILE DOING SPORTS?

Many people feel great when they exercise. Some enjoy doing sports on their own, like running or dancing. Others prefer playing sports like football or basketball together in a group. What about you?



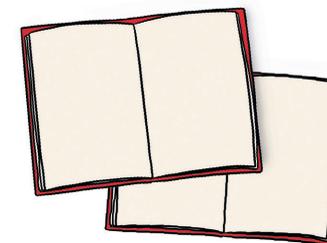
... WITH FRIENDS?

Most of us enjoy spending time with people we like. Unfortunately it isn't always possible to meet up and play. For example, when you live far away from each other or during the time of the Coronavirus. That's why lots of people talk to their friends on the phone. What do you like to do?



... WHILE READING BOOKS?

Do you like reading stories? Through books, we can actually learn from the adventures and mistakes of others. Just give it a try.



... WHILE BEING IN NATURE?

Do you like being in nature? Maybe you feel your favourite feelings in a park or in the woods. Are there any plants or trees close by that you could visit?



... WHILE HELPING OTHERS?

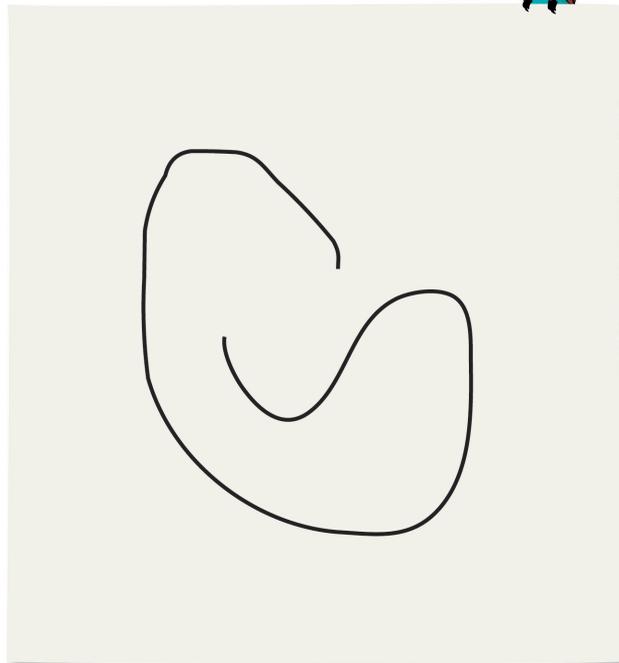
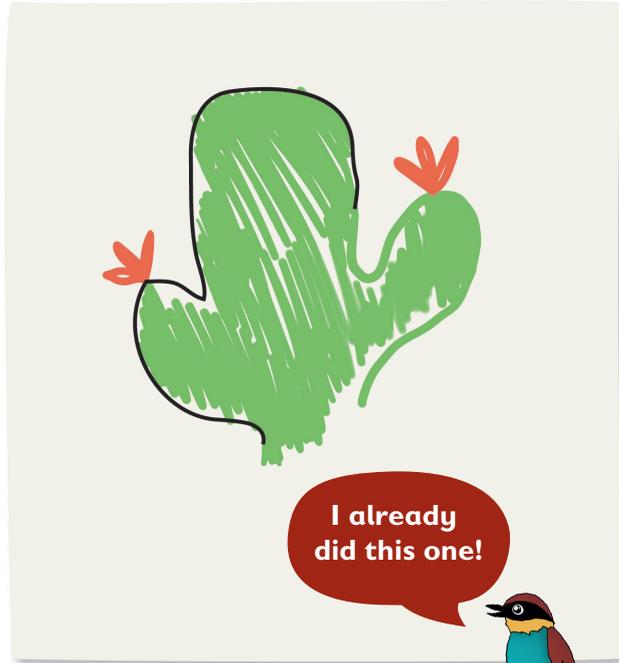
My favourite feeling is happiness. I often feel it when I help other people. Last week I helped my neighbour with her shopping. She was really grateful, and I felt happy.



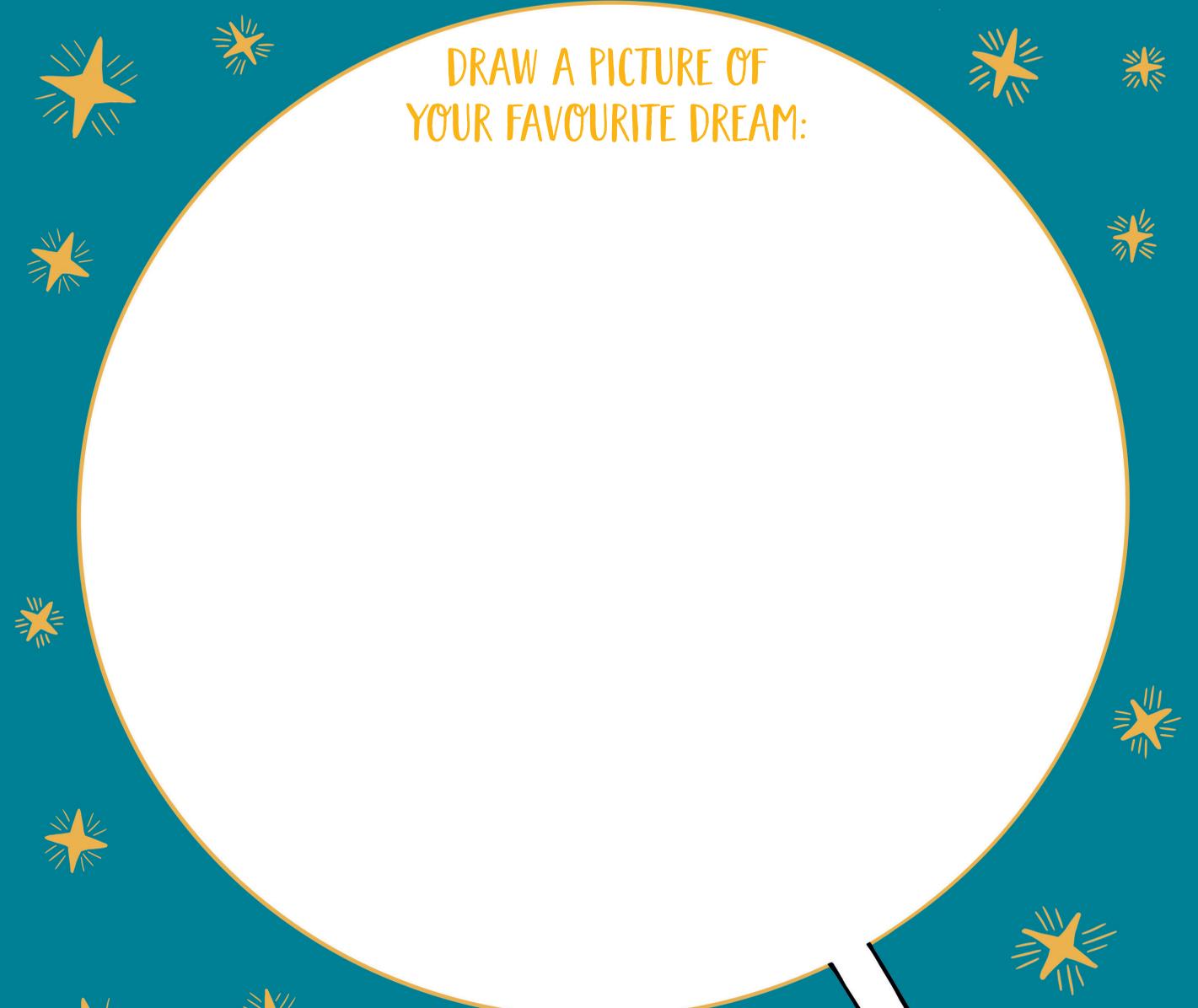


... WHILE PLAYING SQUIGGLE?

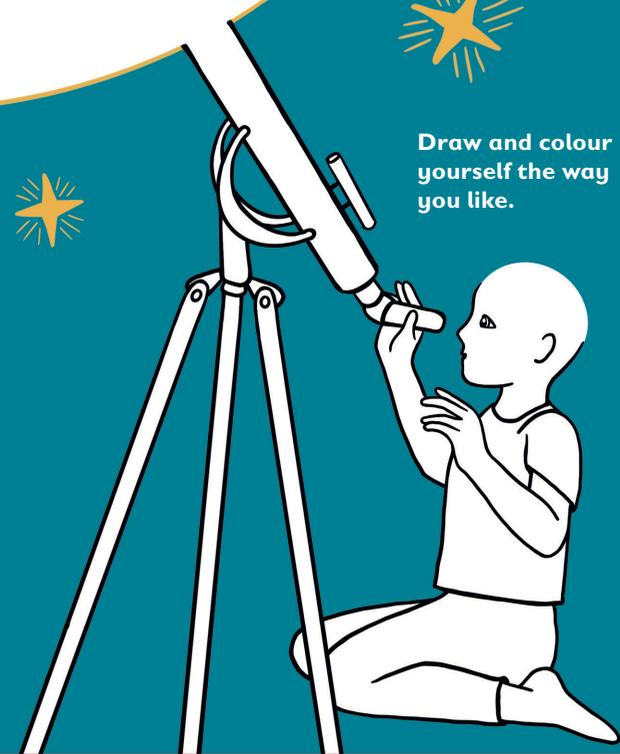
You can play Squiggle in twos or just by yourself. It's a very easy game. Do you see the squiggle lines in the boxes below? What do you see in them? Perhaps you see an animal or an object or a building? Use the lines to draw what you see. You can add more lines and colours.



DRAW A PICTURE OF
YOUR FAVOURITE DREAM:



Draw and colour
yourself the way
you like.

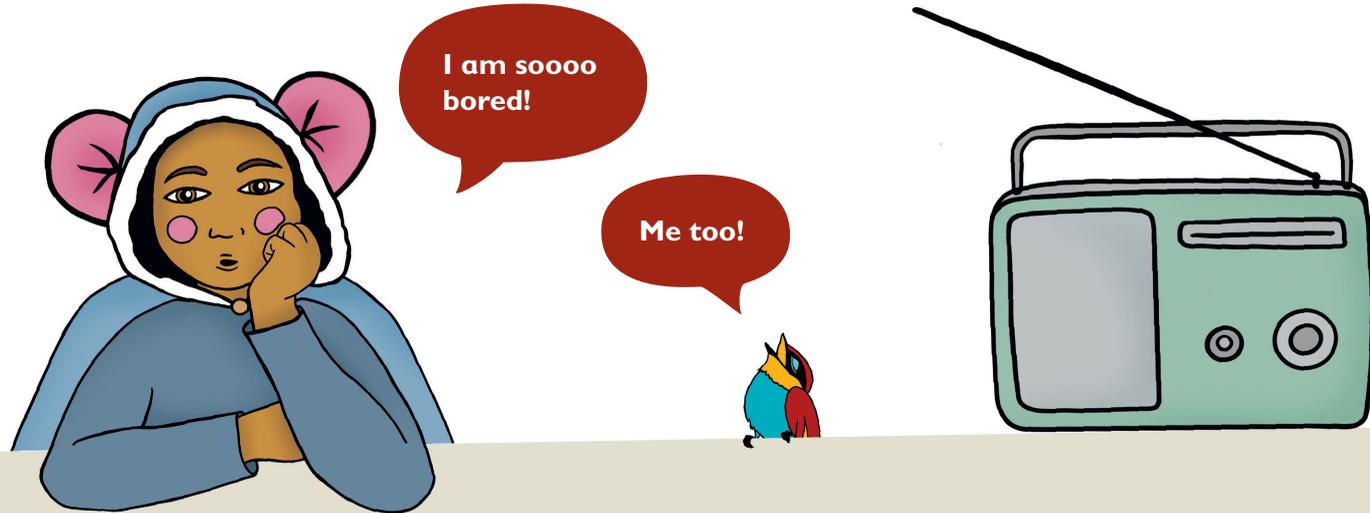


... WHILE DREAMING?

IF YOU'RE FEELING BORED...

Because we have to protect ourselves from the Coronavirus, many things aren't allowed at the moment. For example, we can't meet other children or play sports together. Everything feels a lot more boring than usual. You probably experience days when you just can't think of anything else to do.

Communication apps and social media have become really important in the time of the Coronavirus pandemic, because they make it possible for us to keep in touch across distances. Most of us are happy that we can use the Internet or our smartphones. When we look at photos or videos or we chat with our friends, time seems to go by much faster.



PAY ATTENTION WHEN YOU'RE ONLINE

Surfing the Internet, watching video clips or chatting with friends can be fun. The Internet connects many people all over the world. This also means we can meet strangers online who we can't even see. So it can happen that somebody does something you don't like, or they are mean to you. If something on the Internet worries or scares you, it's best to talk to an adult immediately. This way you protect yourself as well as other children.

You can also write an email to experts for safety on the Internet. Write to:

beratung@save-me-online.de



The Internet is used by lots of people. We can use it to talk to our friends and relatives when we can't meet them in person. Online programmes can help us study or work at home. Some people even use apps and video clips to exercise, or they read stories on blogs and websites.

To feel good and healthy, it's also important for us that we don't always sit in front of our computers or smartphones. For example, it can be a good idea to spend some time outside or to do something creative every day. We included assembly instructions for an "activity spinner" in your workbook. This might help you think of something to do when you feel bored. Perhaps it will give you new ideas. Just try it out!

Look at the instructions. You'll find some suggestions for activities on the stickers. But there's also space for your own ideas.

If you feel bored, take the spinner, close your eyes and start turning it. At one point you say: Stop! Then just do the activity that you see on the spinner.



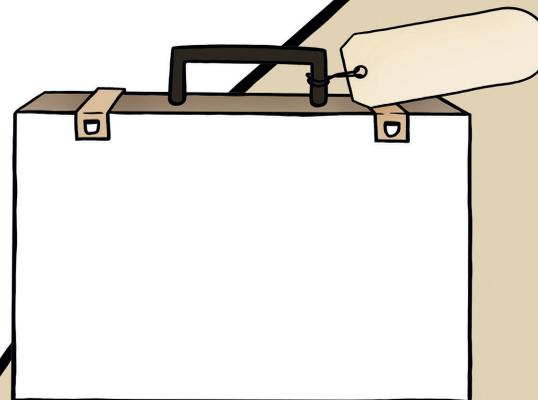
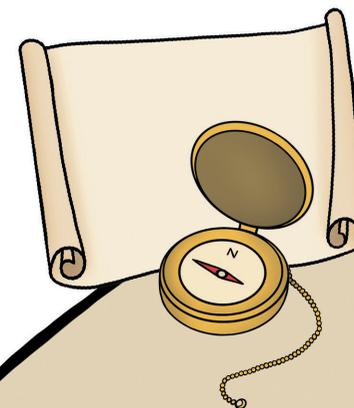


A LETTER TO YOUR FUTURE SELF

Have you ever sent a letter to your future self? Write or draw this letter to yourself, the way you want to be later on. Perhaps you can tell yourself about things you've learnt so far and about what you want to teach others.



YOUR JOURNEY CONTINUES.
DO YOU HAVE EVERYTHING
YOU NEED?



KNOW YOUR RIGHTS!

As heroes we have to look after ourselves on our journey. But we can also help other children in doing this. The best way for this to work is to know our rights. Every child can claim their right to grow up well and healthy and to learn. Many adults work to make this possible. If you don't feel well or if you need some help, you can call the number in the blue box (on the right) and talk to them about it.

Sometimes I need help, but I can also do many things on my own. Just ask me.

Nobody is allowed to do things with me I don't want. For example, I don't like it when pictures of me are shown on the Internet!

I want people to listen to me and to be there for me! I have a right to learn in school and at home.



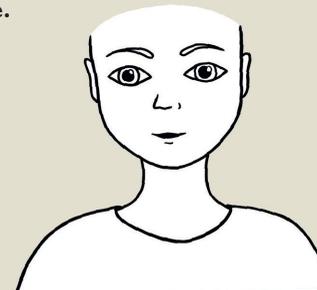
It is not permitted to shout at children or to hurt them in any way!



I have the right to always feel good and safe. Also during this stupid time of the Coronavirus!



Draw and colour as you like.



What's important to you? Write it in your speech bubble.

Maybe you know somebody who urgently needs help, or you don't know what to do yourself? Then talk to an adult that you trust. You can talk to your parents or teachers or to the staff in your shelter. You can also call the "ANTI-SORROW HOTLINE" (German: "Nummer gegen Kummer").



You can call Monday to Saturday, from 2 pm to 8 pm. Your call won't cost anything, and you don't have to give your name.





Did you also draw a picture of yourself as a hero and do you want to show it to everyone? Then ask your parents or an adult in your shelter to send it to us – either by post or take a photo of it and send it in an email.



Save the Children was founded by the British teacher Eglantyne Jebb in 1919. Today, it is the largest independent children's rights organisation worldwide. Our ambition is to create a world that respects the rights of all children. A world, in which children can live a safe and healthy life, in which they can learn and grow up in a free and self-determined way.

Many thanks to Enesa, Nefise, Malak, Fatima and Tim for their advice and to Hanifa for the image of her hero (above).

Find out more at:
www.superkraefte-toolkit.de

This project is supported by:

Thank you!

