

## TRY IT AT HOME Keeping Me Well

## You're a Superhero!

E.g. 'I drew myself caring for my friend, because I'm kind and look after others'.	
Draw your tru	usted adult as a superhero too. Label their superpowers! For example, maybe they are organised,
	always kind, clever, the best hugger.
What are	the similarities between you and your trusted adult? (Maybe you are both kind, for example).
	is different? (Maybe your superhero adult has more to organise than you do, for example).