Thank you to Sonia at The Oaks Primary for prompting me to find these resources on being a hero. These are activities chosen to build self-esteem and feelings of pride and recognition in our achievements. I am sure you can think of ways to adapt these resources around the child’s own interests or the superhero they like most.

https://www.elsa-support.co.uk/what-makes-a-hero-poem-for-children-at-home/

This poem is a lovely place to start. The child could be encouraged to draw a mind map with hero at the centre to show how they are being a hero too – or a poem. It would be great if ELSAs could do their own poem or mind map or drawing too.

https://www.elsa-support.co.uk/coronavirus-superhero-team/

There are some posters on being a superhero to colour and display. Children could make their own for themselves and for others maybe.

https://www.elsa-support.co.uk/downloads/affirmation-cards-superheroes-item-232/

There are also these superhero recognition cards (although this a small cost for these). So perhaps the ELSA could send the child a card and maybe the child could design cards for themself and others.

I also found this lovely story called “My Hero is You: how kids can fight Covid-19!”


For more information, or to organise telephone supervision, please contact: Megan Smith, Senior Educational Psychologist; megan.smith@suffolk.gov.uk; 01473 265612 or 07894 599484