



ACTIVITY 3

ID.2.3.1. Self advocacy superhero

Module 2. Participation and engagement
of people with intellectual disabilities
at the organisation level.

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therein.

In this document we explain how to find our strengths and how to show them.

With this information you can practice how to find and show your strengths.

We call these strengths superpowers.

The superpowers help you to have a better life.



Summary

- What are strengths?
- Let's practice.
Superheroes have superpowers.
- The superpowers of my family and friends.
- Recognising strengths.
- Show superpowers to other people.

What are strenghts?

Strengths are the skills that people have and that we do well.

The strengths of some superheroes are:

Superman can fly and has a lot of strength.

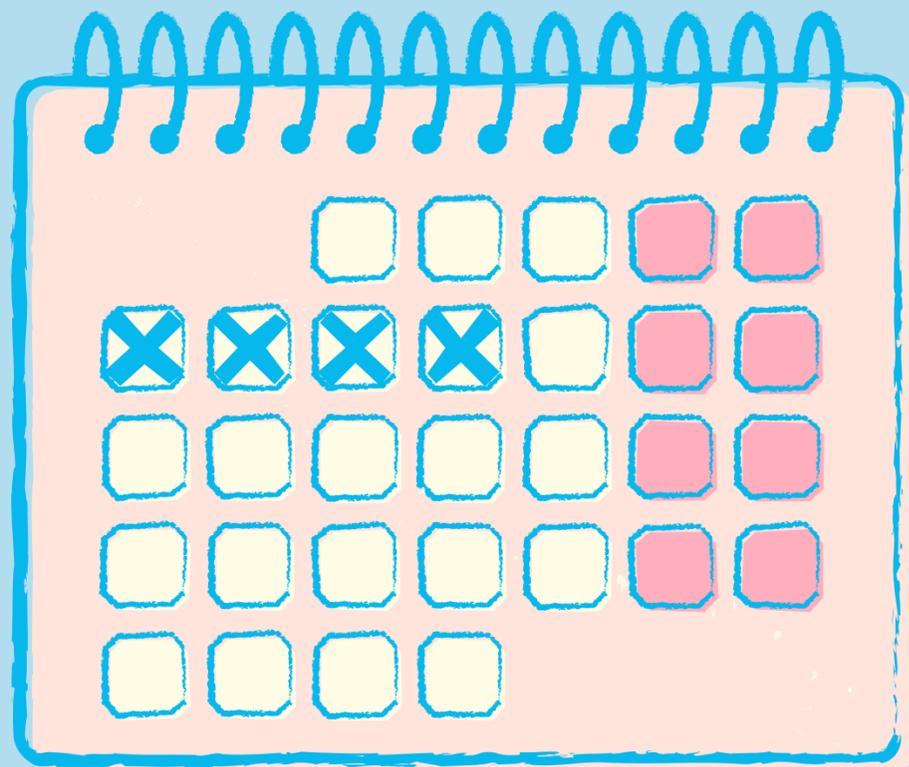
Batman can hear things far away from him.

Spiderman can jump from the top of a building.

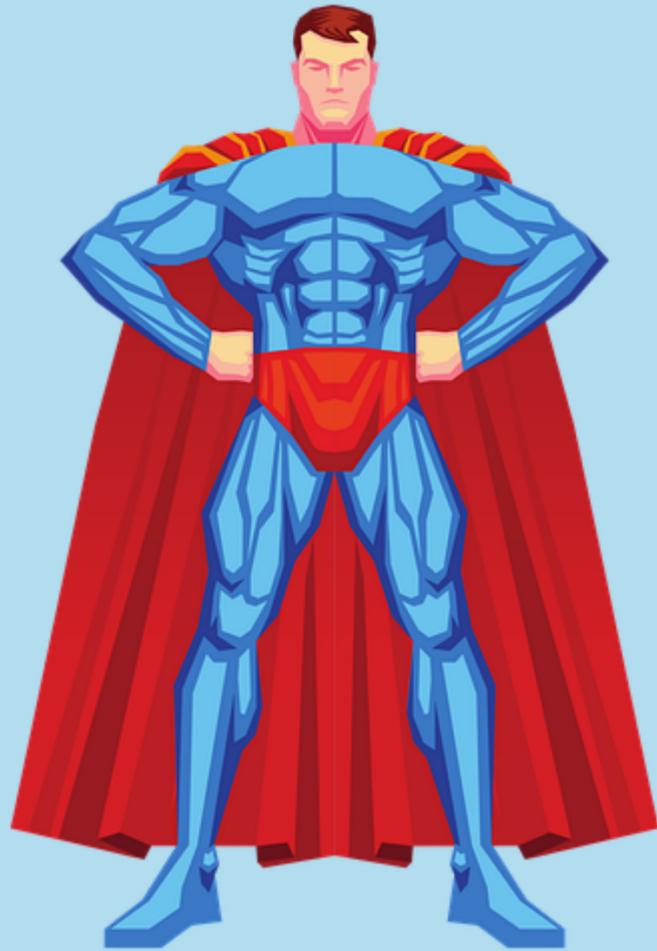
Wonder Woman has strength and the ability to fly.

Let's practice.

**Superheros have superpowers,
and they are**



Superman



Do the posture you see in the picture.

Try to think like Superman.

Make moves as Superman.

Batman



Do the posture you see in the picture.

Try to think like Batman.

Make moves as Batman.

Spiderman



Do the posture you see in the picture.

Try to think like Spiderman.

Make moves as Spiderman.

Wonderwomen

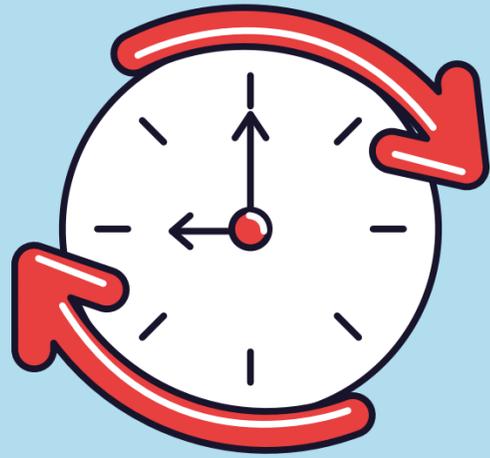


Do the posture you see in the picture.

Try to think like wonderwomen.

Make moves as her.

How did I feel



We have 5 minutes to think about the postures we have done.

The trainer plays music to help us think.

When the 5 minutes are up

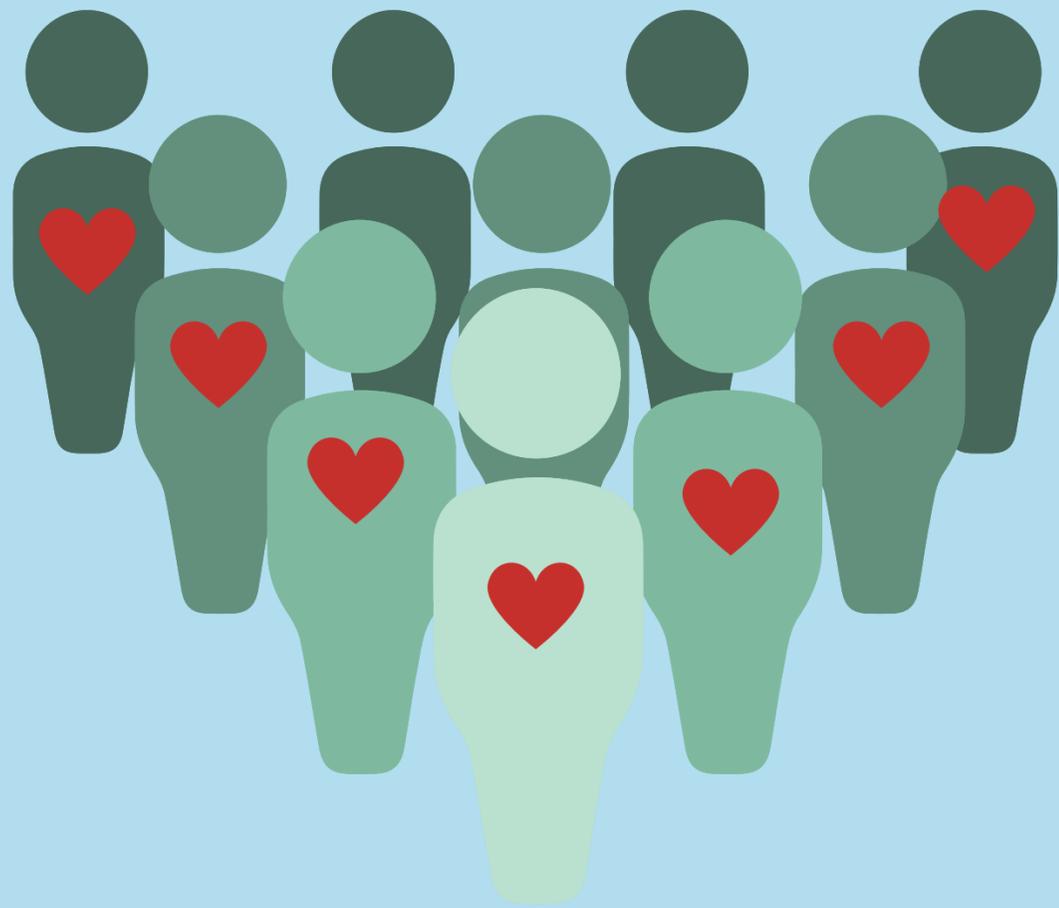
we do the superhero posture we have chosen.

How did you feel?

What has changed?

Do you think
you could do this activity
during the day
to feel better?

The superpowers of my family and friends



Superpower my family members and friends have



Our parents.

Our parents have skills that we don't have.

I tell my parents to do _____ for me,

because I can't do it myself.

Think of other superpowers your parents have.

Superpower my family members and friends have



Our friends.

Our friends have skills that we don't have.

I tell my friends to do _____ for me,

because I can't do it myself.

Think of other superpowers your friends have.

My superpowers



5 ways to find my superpowers



1. Ask people who know you what your strengths are.
2. Think about for what other people ask you for help.
3. Write down what you do best.
4. Write down what you love .
5. Write down what is easy for you .

Show superpowers to other people



Social Media Campaign about me

Your superpowers can make you feel better.

Other people know your superpowers

when you say so.

Take a photo of yourself doing the activity you do best.

Post the photo on a social networking.



Facebook



Twitter

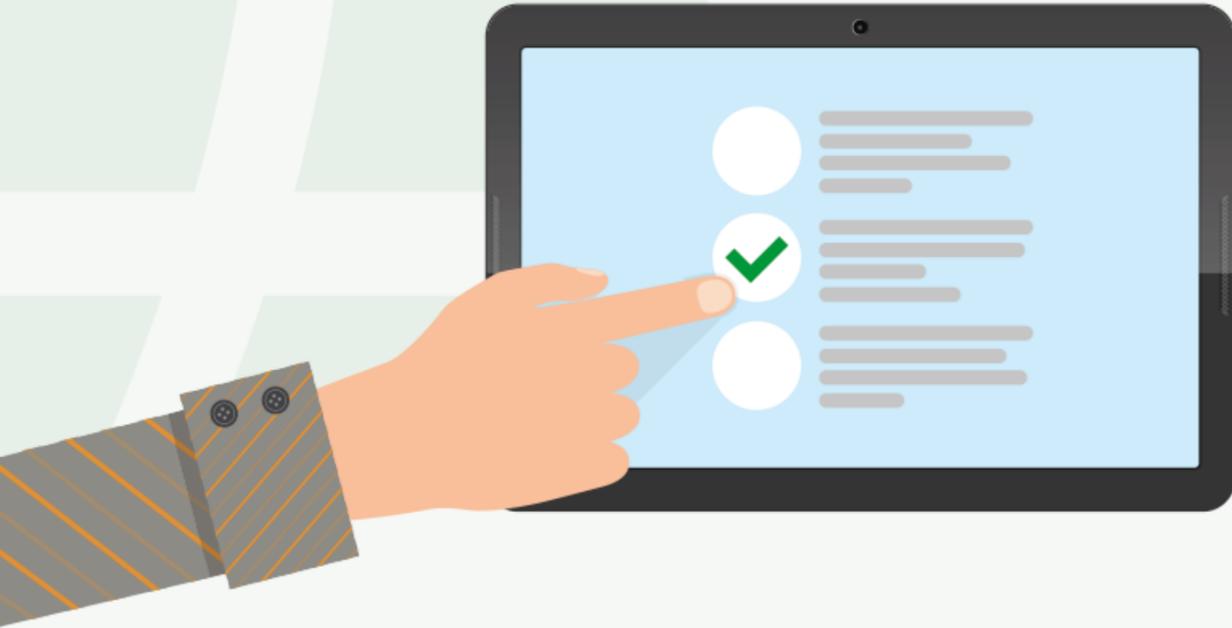


Instagram



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