



What characteristics does my health superhero have?

brave	entertaining	kind
patient	happy	strong
caring	peaceful	smart
curious	creative	energetic
gentle	thankful	hopeful
loving	friendly	helpful

Teacher's Guide: Lesson 3 for Beginning Health Advocates

Activity: Health Heroes

Resources: Health superhero characteristics—words and worksheets

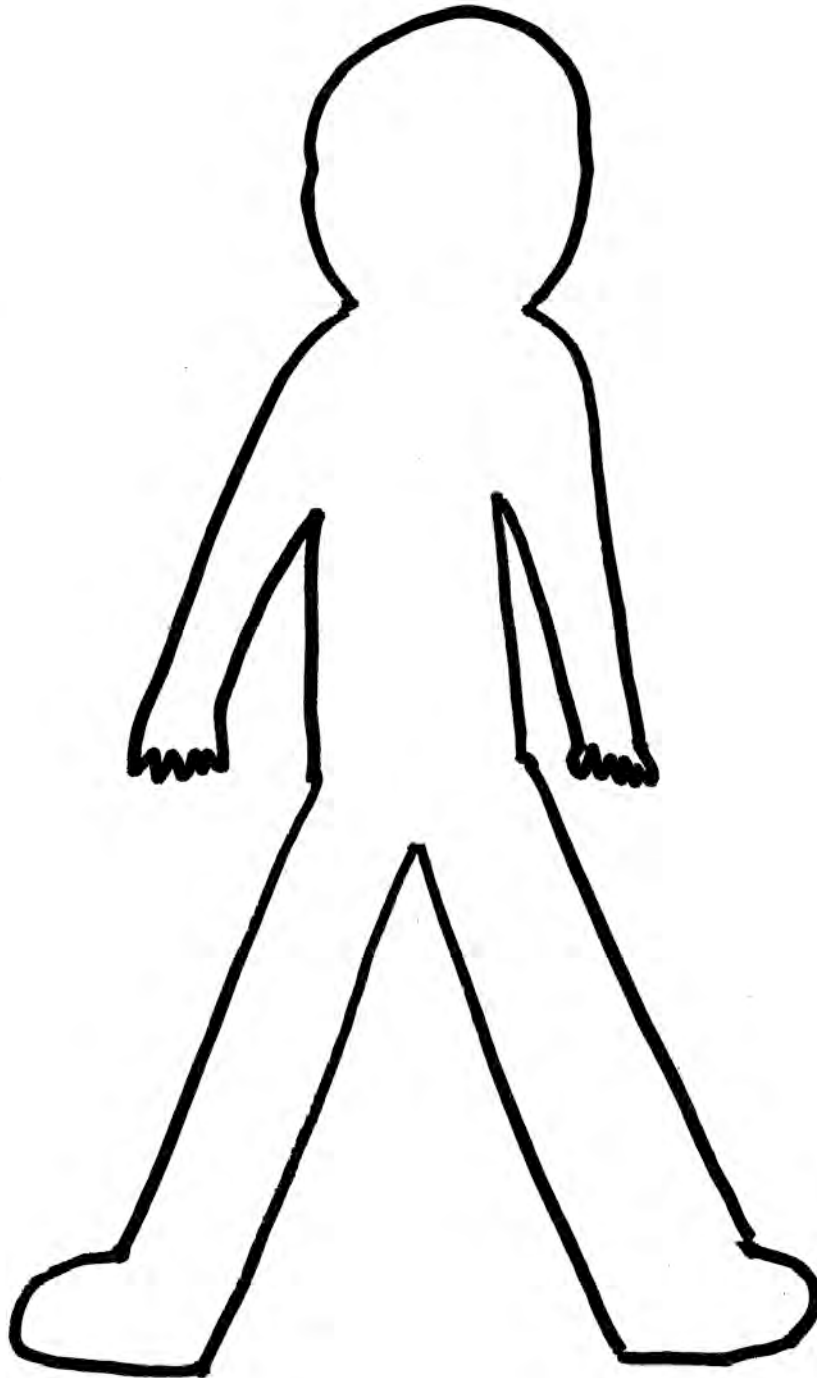


INSTRUCTIONS: Draw your health superhero and list the words that describe your health superhero.

A large, empty rounded rectangular box with a thin black border, intended for drawing a health superhero.

Name: _____

My Health Superhero



My name _____