



READING ADVENTURES with **SUPERPOWERED**

YOU WERE BORN WITH INCREDIBLE POWER!

Superpowered can show you how to transform your stress and anxiety into courage with mind-blowing facts, fun activities, and more. Start exploring how to uncover your inner power!

INSIDE THIS PACKET YOU WILL FIND:

- The POWER Acronym
- An Inner Power Word Search
- A Meditation Activity

YOU WERE BORN WITH INCREDIBLE POWER

P RESENT

You are an explorer of each moment.

O RIGINAL

You show up as your authentic, rad, true self in every situation.

W HOLE

You are worthy and full of strengths just as you are.

E NERGIZED

You thrive on curiosity and innovation.

R ESILIENT

You fail as an important part of growth and learning.

FIND YOUR POWER!

YOU WERE BORN WITH MANY SUPERPOWERS THAT MAY HAVE GOTTEN ZAPPED OVER TIME.

But the good news is, they're still buried deep inside you, waiting to be recharged. Find the superpowers in the word search below.

C	P	R	J	W	T	O	R	B	T
P	L	R	H	F	C	R	S	H	n
n	V	O	E	Z	G	I	E	F	E
I	L	M	Z	S	X	G	U	n	I
E	F	S	B	I	E	I	I	G	L
n	C	W	X	J	H	n	M	P	I
Z	U	Z	B	C	L	A	T	Y	S
P	D	A	C	O	U	L	A	M	E
D	E	Z	I	G	R	E	n	E	R
C	G	U	Q	K	W	Y	G	L	G

BONUS: Draw a line to connect each power to the way it can become zapped.
(Zapped words not included in word search.)

Present
Original
Whole
Energized
Resilient

Camouflaged
Fried
What-iffing
Iced
Cocooned

Word Search:
Present
Original
Whole
Energized
Resilient
Camouflaged
What-iffing
Fried
Iced
Cocooned
ANSWER KEY



Read *Superpowered* to learn about techniques you can use to combat being zapped and to fuel your inner power.



MINDFULNESS ACTIVITY



**LET'S PRACTICE ONE OF THE EXERCISES
FROM *SUPERPOWERED* TO CONNECT WITH
YOUR POWER OF BEING PRESENT.**

BREATHING MEDITATION

(Found on page 150 of *Superpowered*)

1. Set a timer on a phone or clock for three minutes.
2. Begin breathing in through your nose and out through your mouth. Don't worry about the idea of deep breathing; instead, try to exhale for as long as you can (while still feeling comfortable).
3. Try focusing on your breath as your chest and/or belly rises and falls.
4. Place one hand on your chest and one hand on your belly. Notice any movements there as you breathe.
5. Pay attention to your breath going in through your nose and out through your mouth. As you do this, your thoughts will come and go. Just notice them coming and going, and let them pass by.

