



= Parent's Guide to "A Heroic Adventure: Peter's Power & Control" Activity

Introduction:

Hello Super Parents! Ready to guide your little heroes on a journey of self-discovery? This activity is designed to help children understand the power of choice, the value of mistakes, and the strength that comes from positive thinking.

1. Pre-Activity Prep:

- Familiarize yourself with the story file, "A Story about Control: Peter's Power."
- Create the two large circles from materials at hand and label them "What I Control" and "What I don't control."
- Gather the additional materials listed and ensure they're accessible and organized.

2. Story Time:

- Read the story file, "A Story about Control: Peter's Power," in an engaging manner. Use expressive tones and voice modulation to captivate their attention. Pause occasionally to ask comprehension questions and ensure they understand the story's message.

3. Control Circles Sorting Game:

- Emphasize that understanding what we can and cannot control is essential in life.
- Guide them gently if they're unsure about where to place certain items. Turn it into a discussion rather than just correcting them.

4. Mistakes as Learning Moments:

- Share personal anecdotes about your own mistakes and the lessons they taught you. This will help your child see that everyone, even adults, makes mistakes and learns from them.
- Reinforce the idea that mistakes are opportunities to grow, not something to be ashamed of.

5. Crafting the Hero Wall:

- Encourage creativity! The hero wall should be a reflection of their personal journey.
- Take pictures of their Hero Wall to serve as a reminder of what they've learned and to celebrate their insights.

6. Crafting a Hero Promise:

- This can be a collaborative activity. You can either create a family motto or let each child craft their individual mottos.
- Discuss the importance of having values and principles, much like their favorite superheroes.

7. Reflecting on the Adventure:

- Engage in a candid conversation using the reflection questions. Let them express themselves without interruption. Validate their feelings and thoughts.

8. Closing:

- Congratulate them on completing the activity and remind them of the key lessons.
- Discuss how they can apply these lessons in their daily lives.

Final Note:

Your role as a parent is crucial in ensuring this activity is a transformative experience. It's not just about completing the tasks but about internalizing the lessons. Keep the lines of communication open, be patient, and be ready to offer guidance whenever they seem unsure. Through this activity, your child will not only understand the concepts of control and learning from mistakes but also embrace them as they grow. Remember, every superhero needs a supportive sidekick, and today, that sidekick is you!