

**SUPERHERO
HANDBOOK**



SUPERHERO
IN ME™



THE KINDNESS PROJECT™

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My Name is _____

I have value
I have something to give
I have value
I have a reason to live

I have value
There is something the world needs
I have value
That something is ME!

Make a list of things you are good at, hobbies you enjoy and things you like to do to be kind.



These are some of the seeds of goodness inside you!



Can you remember our first code word?

CODE WORD: _ I N _ N _ _ S

Color
Captain Kindness™
Wherever you find him!

Can you create your own superhero mission?

What can you do to make your seed of
goodness grow?

Every choice we make plants something in the garden
of our lives! Can you get this good seed to good soil?

