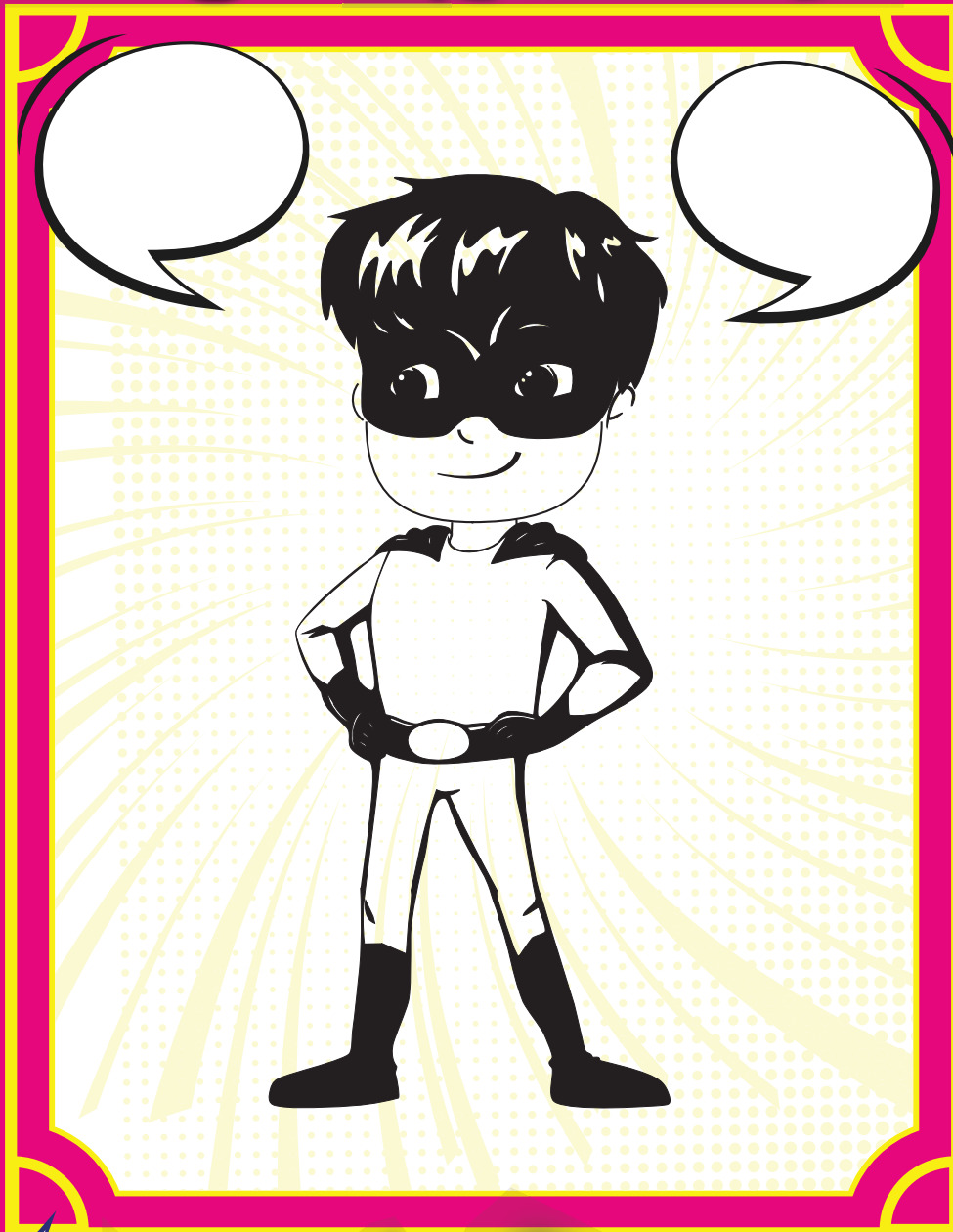




Design your Superhero cloak now and choose your power words you'll use to Zap your sad and angry feelings away when they annoy you.

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TEAM JAK



Often when we are angry or worried about something we forget how awesome we are and all the sad and angry feelings take over.

Superheroes have special powers because they want things to change for the better.

Whenever you feel like that put on your invisible superhero cloak and find your "rhythm"...



Thank you to our friends at Team Jak for providing this activity for us. If you'd like to find out more about Team Jak or are looking for support you can visit <https://teamjak.org.uk>