

Family Heroes

By Lee Yates



Superheroes always have a secret identity. Maybe one lives with you. Explore the special powers of your family members and how you use these to make a difference in the lives of others. Maybe the next summer superhero blockbuster will be about one of you!

For
Teen Family

Season

Summer

Needed

Family Heroes worksheet (see last page), fine-tipped markers or colored pencils, superhero movie (DVD or theater tickets), snack

Prepare in Advance

Make a copy of the Family Heroes worksheet (see last page) for each family member. You may choose a superhero movie in advance or wait until step 7 to make a choice.

Activity Plan

1. Gather as a family and open your time in prayer. Here are some words if you need them.

Super God, you are all-powerful and have blessed us with many qualities and abilities. Help us imagine new ways to use these gifts. Amen.

2. Give each family member a copy of the Family Heroes worksheet (see last page) and allow time for all to complete the steps described there.
3. Invite family members to tell about the family superheroes they imagined. Take time to affirm one another for the qualities and abilities that have been named. Discuss how each super power—quality or ability—is important to the family and to those outside the family.
4. Superheroes always seem to have an arch villain and/or a secret weakness. Take some time for each person to think about the biggest challenge he or she faces in being the family hero that has been described. In other words, what challenges or keeps him or her from using these qualities and abilities to the best advantage? (This might be a fear, a difficult person, or a physical challenge.)
5. Close this time of talking about family heroes in prayer. Here are some words if you need them:

Lord, thanks for the ways you have blessed us and the experiences that make us who we are as individuals and as a family. Amen.



6. Watch a superhero movie together. Pay attention to the hero's powers, back story, weaknesses, and arch villain. After the movie, talk together about the "moral of the story." A good superhero story always teaches a lesson. What did the superhero in the movie learn? What can you learn from this superhero?

Note on movie selection: Older movies are more "black and white" in depicting good and evil. Newer movies often present more ambiguity between good and evil. Many modern movies are based on characters created by Stan Lee, and his influence is seen in many other characters. A common moral of these films, stated explicitly in the Spider-Man stories is, "With great power comes great responsibility."

7. Watch another movie. It's summer. No school!



Family Heroes

Step 1: List the other members of your family. For each one, jot down what you consider to be his or her greatest qualities.

Step 2: Create a superhero character based on each of these family members. Include a name, powers, and anything else you think is important. Draw a picture of him or her in costume, if you like.

Step 3: Think about the “back-story” each of these family heroes. What do you think is the source or the reason for his or her greatest qualities and abilities? (Do his or her parents have similar qualities and abilities? Did something happen in his or her life to help develop this quality or ability? Did he or she work hard to develop this quality or ability?)

