

Your Superpower

TREASURE HUNT



©Lucia River-Wilde



What's Inside

Grown-Up Corner— Supporting Your Superpower Scout Via:

- **Conversation**
- **Observation**
- **Celebration**

Introduction for Kids

8 Superpower Treasure Hunt Activities

Superpower Hunt Printable Pages



Grown-Up Corner— Supporting Your Superpower Scout Via:



- Conversation
- Observation
- Celebration



This scavenger hunt isn't just play—it's a doorway into your child's growing sense of identity, confidence, and emotional expression. By naming and noticing their "superpowers," children begin to internalize the truth: they are enough, they are capable, and their feelings matter.

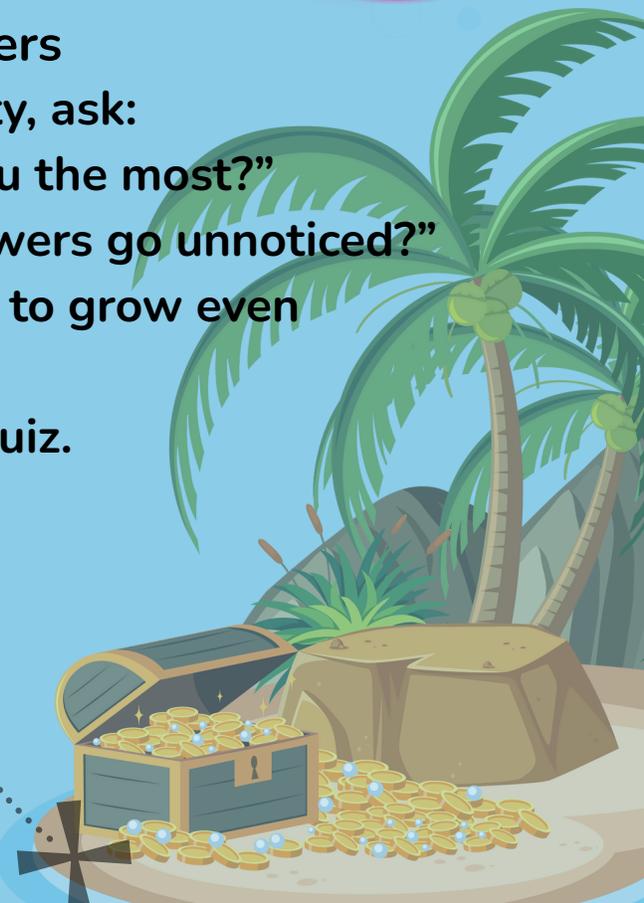
Here are a few ways to extend the magic:

1. Talk About Everyday Superpowers

After your child completes the activity, ask:

- "Which superpower surprised you the most?"
- "When do you feel your superpowers go unnoticed?"
- "Which superpower do you want to grow even stronger?"

Let it feel like a conversation, not a quiz.



Grown-Up Corner— Supporting Your Superpower Scout Continued



2. Catch Them Using Their Powers

Throughout the week, name it when you see a strength show up: “Wow, I noticed how calm you stayed when you couldn’t find your toy. That’s your peace power!”

Giving language to strengths helps them see their value in action.

3. Create a Superpower Wall or Jar

- Tape up the completed treasure hunt pages or superhero drawings on the wall
- Or use a jar to collect “*power moments*”—short notes that say:
 - “*You were brave when you tried something new today!*”
 - “*You used your kindness power when you shared your snack.*”

Review the jar together weekly and celebrate!



4. What About Your Superpowers?

Kids love knowing that grown-ups have powers too.

Share your own:

“My superpower is listening. It helps me understand how you feel.”

“I’m still working on my courage power—but I try every day!”

This invites connection, humility, and playfulness.

Final Thought:

You don’t need to fix, perfect, or constantly teach.

Sometimes the most powerful thing is just noticing, naming, and celebrating what’s already good.

Superpowers live in all of us—especially when we feel safe, seen, and supported.





Find the treasure within you!

Hello Brave Explorer!

Did you know you have superpowers?



**Not the kind that shoots lasers or lets you fly
(though that would be cool).**

**We're talking about real powers—the kind that
make you – YOU.**

Kindness. Creativity. Courage. Listening.

Even being silly is a superpower!

**Your mission, should you choose to accept it:
Follow the clues, complete the fun challenges,
and discover your amazing inner superpowers.**

Let's go, hero!





Your Superpower Hunt Begins NOW

**You can check off or draw each one as you find it.
Have FUN!**

**1. Find something that makes you feel STRONG.
What is it?
When do you feel the strongest?**

**2. Find something that makes you SMILE.
What is it?
Why does it make you smile?**

**3. Find something that reminds you to be KIND.
What is it?
What's one kind thing you've done recently?**

**4. Find something that shows you're CREATIVE.
What is it?
How does it make you feel?**



Your Superpower Hunt Begins NOW

**You can check off or draw each one as you find it.
Have FUN!**

5. Find something that helps you CALM DOWN.

What is it?

Try using it for 1 minute. How do you feel now?

6. Find someone who helps you to feel BRAVE.

Who is it?

What would you say to thank them?



7. Find a way to use your LISTENING power.

Who did you listen to today?

How did it help?

8. Make you your own SUPERPOWER!

What is it called?

Draw or describe what it does.



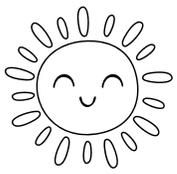
Create Your Superpower Badge!



Draw your superhero self:

**Add a costume, a power name, and a symbol!
Don't forget to smile—you're the hero of this story.**

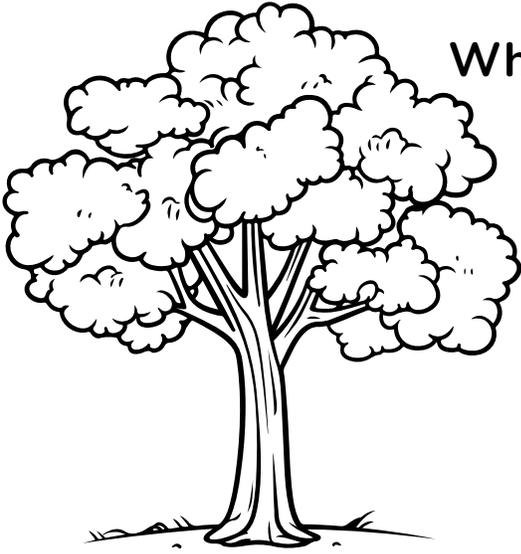
**"My superpower is _____
and I use it to help the world!"**

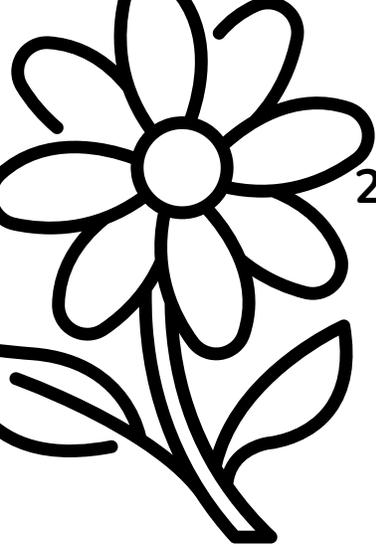


1. Find something that makes you feel **STRONG**.

What is it?

When do you feel the strongest?

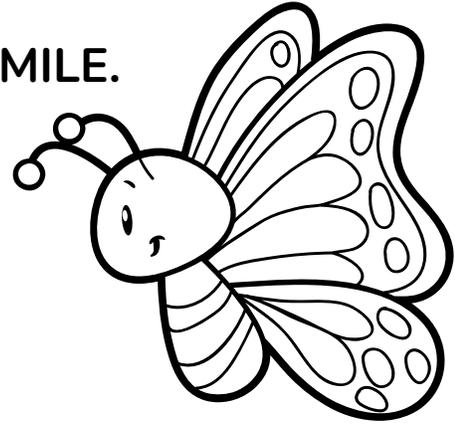


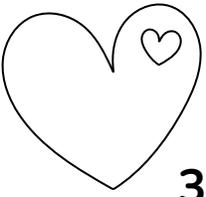


2. Find something that makes you SMILE.

What is it?

Why does it make you smile?



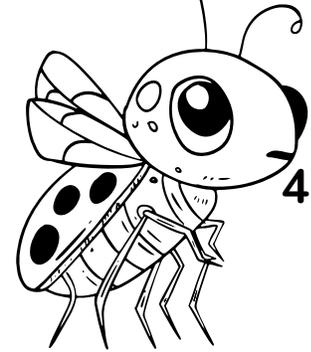


3. Find something that reminds you to be KIND.

What is it?

What's one kind thing you've done recently?

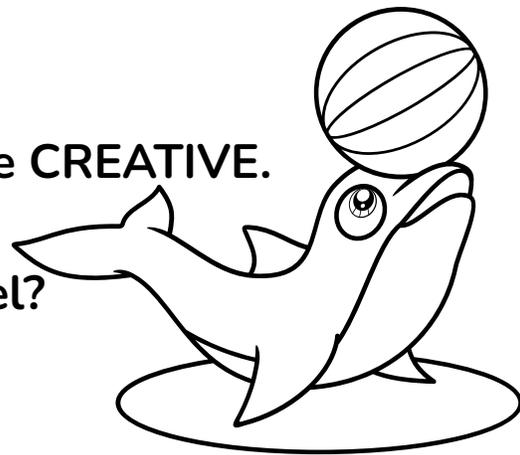


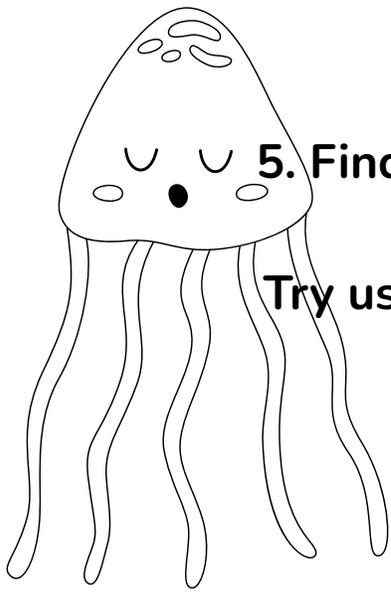


4. Find something that shows you're CREATIVE.

What is it?

How does it make you feel?



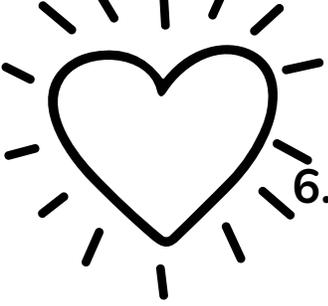


5. Find something that helps you CALM DOWN.

What is it?

Try using it for 1 minute. How do you feel now?

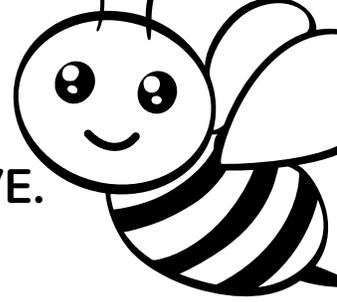


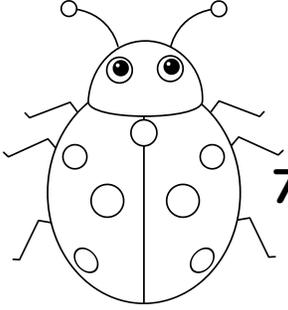


6. Find someone who helps you to feel BRAVE.

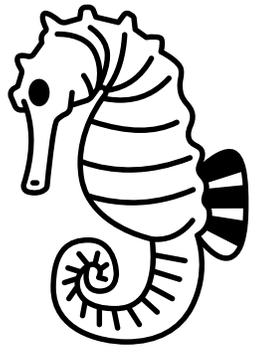
Who is it?

What would you say to thank them?



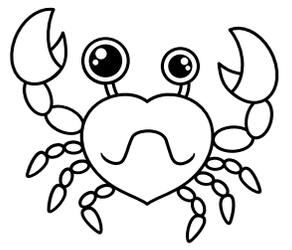


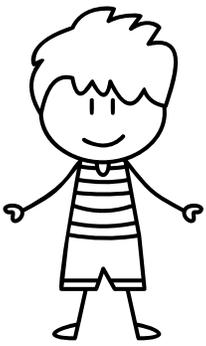
**7. Find a way to use your LISTENING power.
Who did you listen to today?
How did it help?**



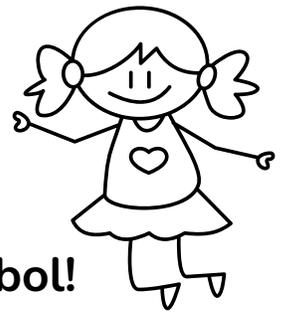


8. Make you your own SUPERPOWER!
What is it called?
Draw or describe what it does.





Draw your superhero self:



**Add a costume, a power name, and a symbol!
Don't forget to smile—you're the hero of this story.**

**“My superpower is _____
and I use it to help the world!”**

**Congratulations!
Your Superpower**

**TREASURE HUNT
IS NOW
COMPLETE**



©Lucia River-Wilde

