

NAME: _____

DATE: _____

HELLO!

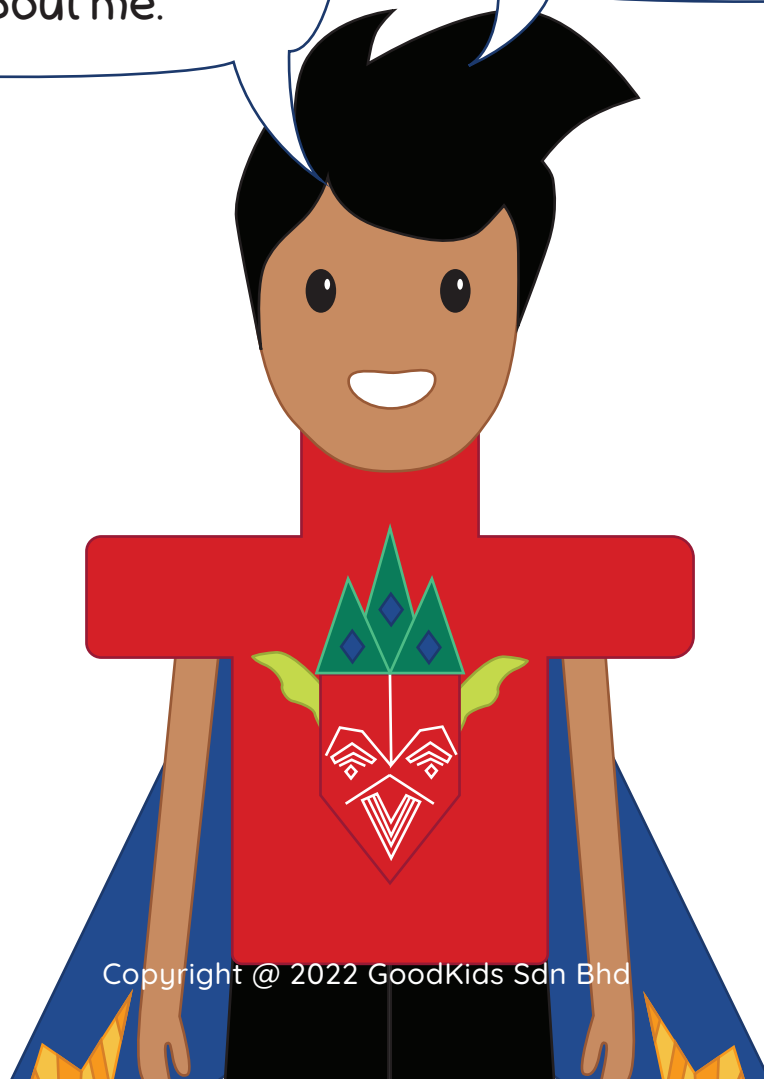
I am Tony Lightning.

I never knew that I had a superpower and I could be a hero. I always thought I was just an ordinary Kuala Lumpur boy from the PPR flats.

Then, I joined the drum class at my flats. It was so much fun!
The Cikgus helped me to discover myself and what was unique about me.

Do you want to discover yourself? Do you know what is unique about you? Let me show you how can you do this. Follow the activities that I am about to share with you.

If you want to know more about me or meet my other superhero friends from my neighbourhood, visit: <https://goodkids.com.my/apapandangpandang>



NAME: _____

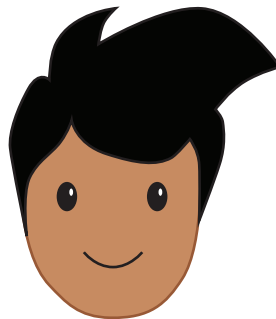
DATE: _____

KNOW YOUR SELF!

Have you ever felt like others do not understand you? Like they do not know who you really are and how do you actually feel? Sometimes, even your parents and friends might not be able to see the real you.



TONY'S MASK



TONY'S FACE

Maybe that is because they can only see your MASK and not your FACE! Your MASK shows what you are comfortable to show others, and so they can only see you on a surface level. That can be the reason why others do not know and understand you better. FACE is the version of you that you know.

Let's try listing the different traits between our MASK and our FACE!

NAME: _____

DATE: _____

TONY'S MASK

What others see in or think about Tony

People always say Tony is a boy who is...

Impatient, cheerful, noisy

People usually see Tony doing things like...

Plays near the rubbish bins, likes helping people



TONY'S FACE

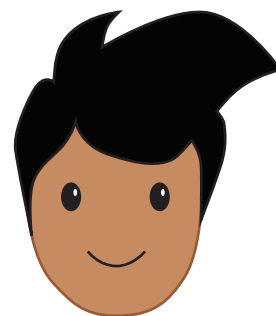
Who Tony really is and what he does

Tony usually feels and thinks that he...

Wants to finish the task quickly, happy, loves playing with friends

Tony usually does things like...

Throwing rubbish at the rubbish bin, likes helping people



NAME: _____

DATE: _____

MY MASK

List down what others see in or think about you

People always say that I am a person who...

People usually see me doing things like...

Draw out a Mask that you think other people see on you.

MY FACE

List down who you really are and what you do

I usually feel and think that...

I usually do things like...

Draw out your Face the way you like it.

NAME: _____

DATE: _____

SUPERHERO PROFILE

Every Superhero has their own profile!

The profile shows their powers, weaknesses, favourite food, hobbies, cheekiness and many more details! This information is essential and unique to each person too!

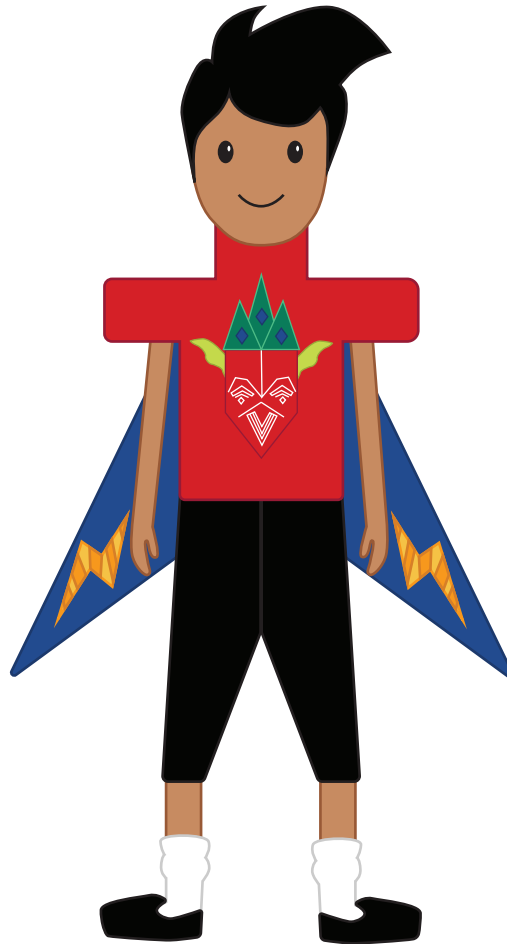
Let's have a look at my profile!



NAME: _____

DATE: _____

TONY'S SUPERHERO PROFILE



NAME:

Tony Lightning

POWERS:

Lightning, cleaning up rubbish in a split second

POWERUP

FOOD:

Tuna sandwich,
Super Ring, F&N Grape

MISCHIEF:

Sleeps when bored,
noisy when talking to friends

GOOD QUALITIES:

Helpful, smart,
finishes up homework fast
and well

NAME: _____

DATE: _____

MY SUPERHERO PROFILE

NAME:

MISCHIEF:

POWERS:

GOOD QUALITIES:

POWERUP

FOOD:

NAME: _____

DATE: _____

FAMILY MAPPING

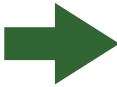



There are many people in our lives who are important. Family, friends, teachers and relatives. But, they are all different. How do we feel towards each of these important people? Let's try drawing a mind map, using the symbols for Family Mapping. You can also come up with your own symbols to use in your mindmap! Get creative!



NAME: _____

DATE: _____

FAMILY MAPPING TOOLS

SYMBOL	MEANING
	I love this person
	I fear this person
	I feel safe with this person
	This person always says that I am... / This person thinks I am...

(P.S. You can pick any colour of your choice for the symbols!)

Add your own symbols and meanings here!

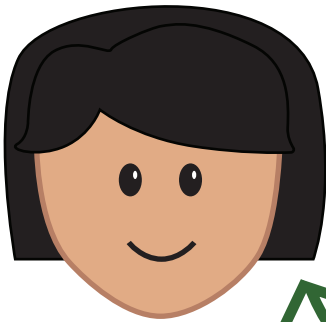
NAME: _____

DATE: _____

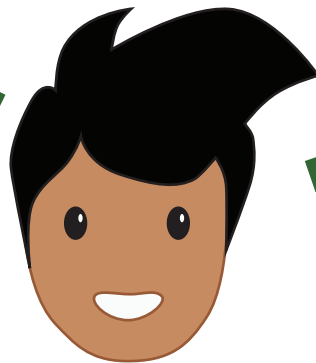
TONY'S FAMILY

Wash your plates
after eating!

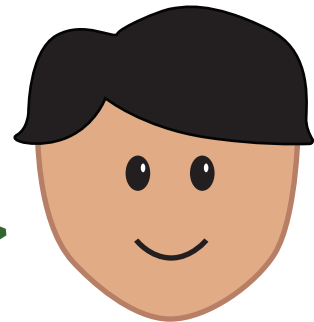
Where is
your book?!



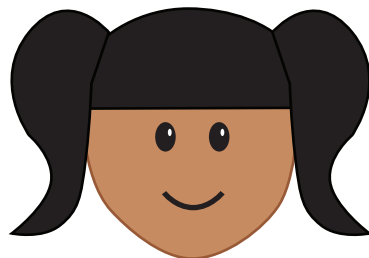
MOTHER



TONY



FATHER



SISTER

Lets play!

NAME: _____

DATE: _____

MY FAMILY


NAMA: _____

TARIKH: _____

HERO'S MAP

Draw a map of your neighbourhood. Please include the following details in your map:

- The shop you always go to.
- (3) adults who are nice to you in your area
- (3) shop owners / business owners whom you respect and why do you respect them
- Your hangout spot
- Which is your favourite shop and why?
- Who is your role model and why?



I like to buy Apom Balik because the Mak Cik is always smiling and she buys food for stray cats.

I like to hangout at the playground because I like to play on the swing.

NAME: _____

DATE: _____

MY MAP