

welcare

strengthening families since 1894



#CapeAbility



Southwark Diocesan Welcare is a Charity registered in England & Wales.

Registered charity number: 1107859 Company No: 5275749

We work across South London & East Surrey with children up to the age of 13 and their families.

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Introduction

What is Welcare?

- Welcare is a Christian charity working with families and children up to the age of 13, in South London and East Surrey.

Who do we help?

- Vulnerable families affected by domestic abuse, mental health challenges, substance misuse, financial hardships and other disadvantages.

How do we help?

- We respond to individual needs, by offering practical and emotional support in either one-to-one sessions or group work programmes.

#CapeAbility

The campaign uses the metaphors of capes and super heroes to encourage children to thrive, to care and to inspire others and to recognise their own individual strengths and talents, and so become superheroes themselves. We incorporated the topic of superheroes to provide an innovative and exciting way to enable children to develop resilience and to teach them how to look after their emotional and mental wellbeing.

How to run a #CapeAbility Campaign

We will run the Campaign between 5th May and 19th June 2020, however we won't turn you away if you would like to run it at another time.

Please deliver the Campaign in a way that suits you best. However, here are few suggestions:

1) Hold an **introductory Junior Church session** to introduce Welcare and the #CapeAbility Campaign to the children. The children are split into groups to make the fundraising element more competitive, the next **6 sessions** will be run in their chosen groups. At the first session, the children are shown some fundraising ideas and they decide and **plan** what **fundraising activity/event** they would like to do as a group. At this session you can introduce some superhero craft activities/games from this pack. The next **6 sessions will focus on the lesson plans** and teaching them some mental health strengths and also real stories or case studies from Welcare. **The Campaign finishes with a fundraising event** and the children will invite their parents to attend. At a **final Junior Church session**, prizes are given to the group that raised the most money and some other awards and certificates to individual children (see Prizes & Awards).

2) Start with an **introductory Junior Church session** to introduce Welcare and the #CapeAbility Campaign to the children and to run some of the activities from the lesson plans. The children are split into groups to make the fundraising element more competitive. The **next session** the children are shown some fundraising ideas and they decide and **plan** what **fundraising activity/event** they would like to do as a group. At this session you can introduce some superhero craft activities/games and select some activities from the session plans. At a **final assembly** prizes and certificates are given to the group that raised the most funds and some other awards to individuals.

3) **Choose a separate mental health quality over a period of time** and use the lesson plans that correlate with the theme. At the end of this period, help the children decide what fundraising activity they would like to do. The children are split into groups to make the fundraising element more competitive. The Campaign finishes with a **fundraising event** and with awards, certificates and prizes.

How to use the lesson plans/scheme of work

The lesson plans can be used in Junior Church as part of a scheme of work or individually. The lessons are based on two stories, one Bible character and a real life example from the work of Welcare with a local child or family. The characters are portrayed as superheroes and we learn about their stories, the difficulties they face and how they cope. Each individual story focuses on one positive mental health characteristic which is followed through the lesson and all the following activities are based on these strengths. As a teacher you can select which activities and which story/stories you would like to focus on.

The stories can be acted or read aloud; we recommend making them as interactive as possible.

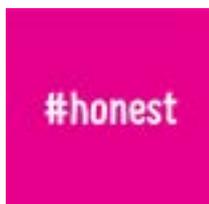
The stories are followed by a discussion and a range of activities that you can use, as appropriate.

This pack includes general superhero activities that can be used at any time during your Campaign.

The following themes are highlighted in the six lessons:



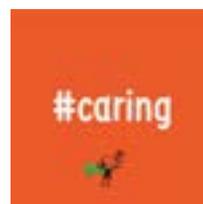
How can you be confident?



How can I be honest?



How can you become resilient?



How can we be caring to others?



How can you be responsible?



How can you be empathetic?



How can you be inspiring?



How can you persevere?



How can you be respectful?



How can you be positive?

Fundraising activity ideas

Divide the group into 2-3 teams and help each team to choose one fundraising activity (or they can come up with their own idea/s). The team that raise the most money for Welcare will receive prizes and awards at the end of the Campaign. The children should organise their chosen fundraising activity/s themselves.



Bake #CapeAbility cupcakes

Super Bake Sale



#CapeAbility Balloon Raffle

Place raffle tickets inside the balloons before you blow them up. The person with the winning raffle ticket gets a prize.

Encourage children to donate for every balloon they pop.



#CapeAbility superhero obstacle course

Create an obstacle course to see who can complete the course in the least amount of time.

Ask each child to collect sponsorship donations.



Raise money with a 'Wear your cape to school' day!

Superhero Day



Raise money with a #CapeAbility Superhero Face painting

Have a donation jar present.



Raise money with a healthy eating week!

Super Healthy



Raise money with a sponsored day of silence!

Super Silence



Raise money with a talent contest. Ask your families to attend.

Super Star

Craft activity ideas

Use the following website to order superhero themed craft materials and for ideas.

<https://www.bakerross.co.uk/>

Star Hero Scratch Art Magnets



Star Hero Suncatchers



Star Hero Colour-in Masks



<https://www.bakerross.co.uk/super-heroes>





Make your own capes

You are welcome to use the instructions below for making a cape or you can just use one piece of fabric and superglue to put velcro at the neck.

Use an old piece of fabric (preferably green) to make a template. About 26cm wide when folded in half, and about 60cm from neck to bottom. The capes can be any child size so you don't need to worry about being too precise. Use your template to cut out two pieces of fabric. You can get the children decorate the template with stickers, or permanent markers.



Pin the cape with the right sides of the fabric together. Sew up one side, around the neck and back down the other side or stick it together with strong glue. Leave the bottom open for now so it's easy to turn the fabric right-side out again.

Pull the fabric through this opening, so your cape is now the right way out. Then top stitch all the way around the outside of the cape, including fastening up the open bottom edge. Finally, stitch on some velcro at the neck. This is the only specific requirement: you can use any fabric, and any child size, but the neck fastening must be velcro – to make it safe and easy to play in.

Superhero games ideas

1. Catch the villain

You will need:

Hula hoops

Sweets or other wrapped treats

How to play:

Let one child play the villain, and the other child the superhero. The remaining children line up behind the superhero and encourage them with positive statements such as "you are confident, caring, honest, resilient, inspiring etc..."

Give a bag full of sweets to the child who plays the villain. Give a hula hoop to the child who plays the superhero. Tell the superhero to lasso and catch the villain throwing the hula hoop. If the villain is caught they can throw one of the sweets to the villain for their release and pass their bag of sweets to the new villain while another superhero tries to catch the villain. The villain can stay a villain until a superhero catches them, superheroes only get sweets thrown to them if they catch the villain.

Relate the game to the theme

When we are using our #CapeAbility strengths such as #resilience, #care and #honesty we can defeat any difficulty that we might face in our lives.

2. Busting through a wall

You will need:

Lots of cardboard boxes and a timer

How to play:

Stack up several cardboard boxes/shoeboxes to create a wall for the children and play one of the high energy superhero songs while playing the game.

Guide them to kick down the boxes or run through the created wall of cardboard boxes just like a superhero busting through a wall. Then they need to rebuild them for the next students as quickly as possible. Whichever group rebuilds the wall the quickest wins; use a timer to decide or the other students can count.

Relate the game to the theme

Through the challenges, (boxes) in our lives we learn #resilience and we can rebuild our strength by being #honest #persevering and by not giving up we can #inspire others as well.

3. Superhero strength

You will need:

Weights

How To Play:

Ask someone fit in your congregation to do physical strengths competitions: who can do more push ups, sit ups, lift heavier weights.

Relate the game to the theme

Our #CapeAbility strengths help us grow and become stronger emotionally and mentally.

Video

https://www.youtube.com/watch?v=L_NYrWqUR40 Confidence, capes, superheroes

Songs

<https://www.youtube.com/watch?v=Py4fhsx3Ct4> Superhero song

"Superheroes" by The Script

"Supernatural" by Hillsong Kids

"Jesus is my superhero" by Hillsong Kids

Circle time

Suggested questions:

Who is your favourite superhero and why?

Who is your favourite superhero from your life?

What superhero powers would you like to have and why?

If you were a superhero, who would you like to help?

What would your superhero name be?

What can we learn from superheroes?



Reflection at home

Write your own superhero poem and bring it to the next class.

Challenge the children to come up with a plan for how they will help someone every day for a week.

Mental Health/ #CapeAbility Qualities

#honest

#confident



#resilient



#caring



#responsible



#empathetic



#inspiring



#respectful

#positive



#persevering



Prizes and Awards

Group Awards

Most money raised

Most caring group

Most participation

Individual Awards

Most Creative Cape

Most Creative Individual

#CapeAbility Leader

#CapeAbility Encourager

#CapeAbility Best Memory (given to three children who remembered the most memory verses by the end of the Campaign)

#CapeAbility Moves (given to a child with the best dance/action/superhero moves)

#CapeAbility Enthusiast (given to a child who was enthusiastic and participated throughout the Campaign)

#CapeAbility most badges

If you would like to give actual prizes, you could purchase superhero themed items such as superhero themed sweets, keychains and school stationery.

#CapeAbility Badges

Buy a badge making kit, ask the group to vote for the most #resilient #caring #confident #honest etc... students and after every class, distribute the right badges to the right children and at the end of the Campaign ask the children to bring their badges in.

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Award Certificate

This certificate is awarded to

You are a superhero.

Thank you for supporting our #CapeAbility Campaign,
you enabled us to help even more children and families
in South London & East Surrey.

Date

Signature

Southwark Diocesan Welcare is a Charity registered in England & Wales.
Registered charity number: 1107859 Company No: 5275749
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