



SUPER ME!

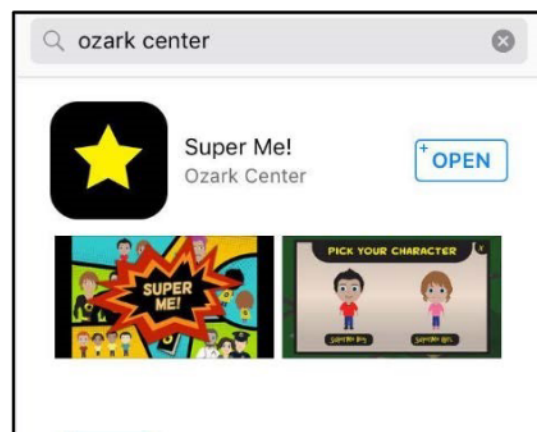
A parent and family guide to using Super Me! with children.

Developing their true Super Me! is easy when your child gains the encouragement and skills needed to handle tough situations.

Super Me! is a fun and interactive educational application that helps build resilience and positive coping skills in elementary and middle school-aged children. Children will gain a sense of mastery by participating in a series of in-game and out-of-game challenges.

How to use: This guide introduces families to the structure and content of the 8 different levels to the Super Me! application. One way for parents to use Super Me! with their children is to have a child complete one level, at a time (for example, one level per week). Parents can easily use the out-of-game activities and the discussion points provided below to support their child's mastery of each level. Regular discussions will help reinforce Super Me! concepts, allow your child to share thoughts and feelings about resilience, and facilitate the development of community and social support.

The Super Me! app is available by searching in the Apple App Store or at <https://appsto.re/us/m28w.i>



Stage 1: Belonging Level. The purpose of Stage 1 is to introduce children to the game and to help them create a home environment by selecting a player, a house and family members. Values of resilience are promoted by encouraging students to get to know their neighbors and other community members.

Home Discussion Points: Ask your child to talk about the different community members they know and the importance of staying connected in their community.

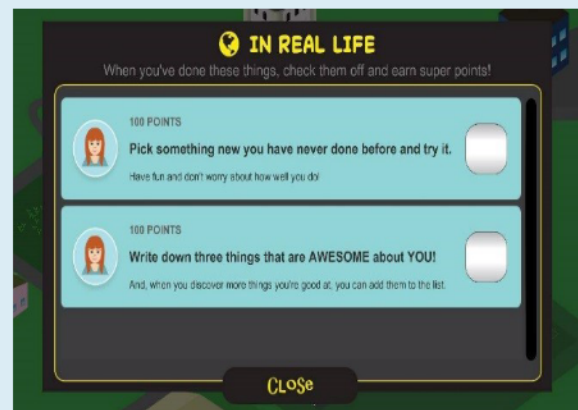


Stage 2: Support Level. Stage 2 teaches children the importance of building community support. Children have the opportunity to meet caregivers, such as doctors and coaches, and to join a soccer team. They are also encouraged to try a new hobby and write positive attributes about themselves, to build positive self-esteem.

Home Discussion Points:

- Have players share something that they like about themselves or about another family member.

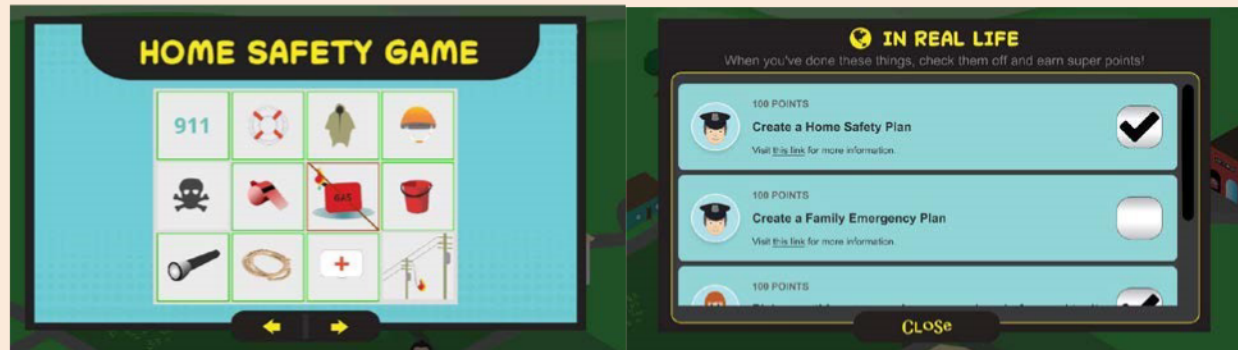
- Ask your child to try a new hobby and then discuss the experience with them. Did they enjoy this new hobby? What did it feel like to try something new? Did they learn anything about themselves in the process?



Stage 3: Safety Level. Stage 3 will help teach basic safety rules and reinforce the importance of community rules. Children will be tested on their general safety knowledge through a Home Safety Game and they will be asked to create a Home Safety Plan and a Family Emergency Plan with your family.

Home Discussion Points:

- Discuss basic household safety rules with your child.
- Help your child complete a Home Safety Plan or Family Emergency Plan that you can share with your family and friends.



Stage 4: Health Level. Stage 4 will reinforce the importance of exercise and physical activity while giving your child fun ideas on how to accomplish goals for healthy living. Your child will have the opportunity to engage in a cooking simulation activity that walks them through the basics of safe and healthy cooking. This activity stresses the importance of eating healthy meals and introduces a few simple physical exercise activities as a way to encourage an overall healthy lifestyle.

Home Discussion Points:

- Have your child make a list of their favorite healthy foods or favorite healthy activities.
- Incorporate quick breaks for physical activity into homework time and allow them to pick an exercise that they learned in Stage 4 or spend some time being active outside.

Stages 7 & 8: Values and Create Change Levels. Stages 7 & 8 promote positive community involvement. These stages teach players how to take care of themselves and the people they care about by taking care of their community. Examples of community

Stage 5: Education Level. Stage 5 introduces concepts that help children create a homework schedule and manage their academic responsibilities, while also encouraging a peer-based approach to problem-solving and collaboration. Players can gain a sense of achievement and empowerment by planning out their study time.

Home Discussion Points:

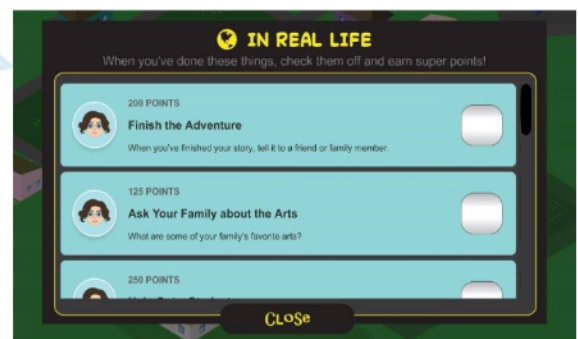
Ask your child to share their newly created homework schedule with you. Post somewhere visible in the home and hold periodic check-ins to see how the schedule is working.



Stage 6: Creativity Level. Stage 6 encourages exploration of artistic interests and hobbies and the use of self-expression as a form of stress-management. Through an interactive activity, players are asked to participate in the creation of a story and to think about how feelings and emotions are reflected in art work.

Home Discussion Points:

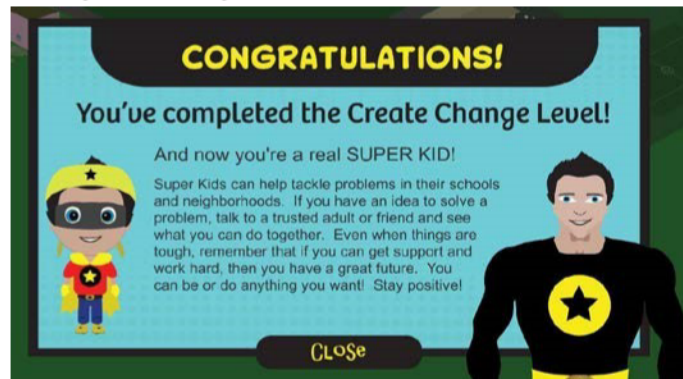
Talk to your child about their favorite artistic expression. Ask how you can support them in their artistic interests.



involvement such as: working in a community garden, getting involved in youth art groups, cleaning up at a park, volunteering at their community center, or collecting canned goods for a local food bank are introduced through a series of interactional activities. Players are encouraged to use their own personal interests and talents to make their community a better place.

Home Discussion Points:

Create a sticker chart and have your child to write their community involvement activities on the chart and receive incentives. Give your child a chance to share their verbal account of their experiences with your family.



At the beginning and end of *Super Me!*, players will complete a few questions about resilience. These questions help evaluate the educational effectiveness of the app. Please help us improve the app by having your child complete these questions. We appreciate your help!



Additional Resources:

Helping Kids Cope - An app to help parents talk about disasters with their children:

<https://appsto.re/us/DubU..i>

Building Resilience with Hunter and Eve - Animated videos to help children and youth stay safe and calm during disasters and emergencies: <https://dcc.missouri.edu/hunter-eve.html>

FEMA Kids - Educational disaster information for children and youth:

<http://www.ready.gov/kids/games>



Funding for this project was provided in whole by Missouri Foundation for Health. The Foundation is a resource for the region, working with communities and nonprofits to generate and accelerate positive changes in health. As a catalyst for change, the Foundation improves the health of Missourians through a combination of partnership, experience, knowledge and funding.