



Who is your Superhero?

- Your Superhero could be your mum, dad, brother, sister, grandparent, aunty, your friend, teacher, sporting coach or even your neighbour - anyone who is special to you.
- Think about the person in your life who you most trust and look up to. Someone who is caring and respectful and helps you be your best.
- Tell us about your superhero and why they deserve to win a Bethany Superhero Award.
- There are great prizes to be won, and everyone gets a certificate for participating.

How to recognise a Superhero?

Superheroes are men and women who are:

- Courageous - they stand up for what is right
- Selfless - they put others before themselves
- Humble - they don't want credit for their actions
- Patient - they are tolerant, respectful and kind
- Caring - their actions improve the lives of others

Tell us about your Superhero!

- How they make you happy
- How they are caring and respectful
- Things you like to do together
- How your special person helps others
- What makes them a superhero to you

Here are some tips -

- Be creative! Use words and pictures
- Write about 150 words or less
- Write a prose or a poem
- You could do a drawing or a collage
- Check your work
- Remember to have an adult fill out the entry form and attach it to your work.