

C1 - What is Regulation?





Regulating My Superpower

Pretend you have a superpower that you can regulate.

MATERIALS:

- Regulating My Superpower handout (one per learner)
- · Crayons or markers

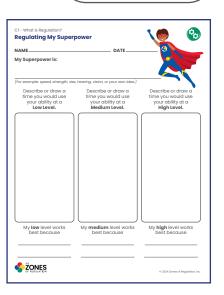
LEADER GUIDANCE:

- **1.** Brainstorm different superpowers or abilities as a group. For example: super speed, super strength, flight, invisibility.
- 2. Each learner chooses a superpower or ability they would like to have. (It's okay if more than one person selects the same superpower.)
- **3.** Distribute and read aloud the *Regulating My Superpower* handout, and have learners complete the different sections.
- 4. Learners can share their completed handout with a partner.

LEARNER REFLECTION:

- What situations or jobs would need your superpower to be at a low, medium, or high level?
- Why is it helpful to regulate your superpower?

15-20 Minutes Individual





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NAME	DATE	
My Superpower is:		
(For example: speed, strength,	size, hearing, vision, or your own ide	ea.)
Describe or draw a time you would use your ability at a Low Level.	Describe or draw a time you would use your ability at a Medium Level.	Describe or draw a time you would use your ability at a High Level.
My low level works best because	My medium level works best because	My high level works best because

