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Discovering superpowers

Age range: 8 - 12 year olds

This was written to help a boy struggling with feelings of anxiety and anger following an accident that changed his family.

Adaptations:

Change the details of the traumatic experience and current feelings and beliefs to reflect your child's traumatic experience and current struggles.



DICOVERING SUPERPOWERS

Let me tell you the story of a superhero. A superhero that didn't live in America like Iron Man, Spider Man or Superman. This superhero lived in good old England. But, there were some similarities to Iron Man so let me tell you more...

Like all superheroes, not everyone knew our man's identity. And like many superheroes, he wasn't just born with his powers. His powers only developed after a tragedy.

You see Iron Man was a smart business man who was powerful and good, but he had no special superhero powers before his tragedy. In Iron Man's tragedy, he was captured by badies and terribly injured in a bomb which left his heart pierced. His special powers developed when he used his old knowledge to make himself a special suit to keep himself alive. But this

suit did more than help him to live. It meant he could fight for what he believed in. He built a mechanical arm and a magnetic plate to protect his heart that had to be recharged every night. He started to fight the baddies that had hurt him.

It meant he could fight for what he believed in

But Iron Man's real superhero status came a little later. It came as he learnt to be wiser and more careful with the weapons and suits that he made. He had to learn to live with his new suit, in his new life and use his powers wisely. That was not easy at first. Did you know that Iron Man actually became a homeless alcoholic for a while? But he recovered and got stronger and went out to fight to protect his people again.

Iron Man faced many challenges as he learnt to live with his new powers and previous pain. In the end, Iron Man stopped using his skill and money to build weapons and focused on bigger things like providing free energy to the world because the world was running out of electricity. He also gave some of his power to a young teenager as he aged.

Iron Man's story is so very like the story of our English Superhero I want to tell you about.

Our superhero, let's call him Mark for now, was just a normal family man who loved animals and was really good with people. He was strong and worked hard to support his family. He had a real love for the outdoors. He loved horses and could gallop through fields and fields. He was a bit of a wild spirit but used his strength and love to protect his family and to help keep the stables running smoothly.

One day, Mark was doing what he loved most. He was helping on the farm with his family. He just absolutely loved those days. His youngest son, Benny, was right by his side. He loved working with Benny. Benny was such a sweet, hard working boy and they made quite a team.

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Mark and the team were working to put up a fence. Mark was one of the strongest and bravest men in the team and so he decided to stand on top of the auger machine to make it push in harder. Then the most awful thing happened. Mark slipped! His leg got caught and mangled. Everyone froze! It was such a shock. No one knew what to do.

Benny was right there and stood frozen for a moment seeing his strong and brave daddy struggling to stand up on his good leg, struggling to manage to pain. Benny had never seen his strong daddy so helpless and vulnerable before. It was horrific and terrifying for Benny to watch.



But I think Benny must have had a bit of superhero blood too you know. Even though he was only a little boy, he grabbed his dad's phone, worked out the password from dad and called his mum. His mum was able to come and use her adult muscles and brains to help dad. Isn't it amazing that such a little boy knew exactly the right thing to do! But Benny didn't feel this. He felt useless and little. It was so hard to be so little and not able to do more. He felt powerless. He felt sick to the bottom of his tummy. He didn't realise he had done all a little boy could do.

Now things were pretty hard for a while. Benny watched as his strong, funny and brave daddy became weak and sad and grumpy. He slept a lot. The older kids started to go a bit out of control and mum was really sad. Their family had turned upside down. One of the worst moments for Benny was seeing his older brother threaten their father with a knife. His brother would never have dared to do that before! **Benny felt like his world was falling apart.**

Benny stopped believing in himself. The powerlessness from the accident started leaking into all areas of his life. He felt helpless all the time and thought bad things would just keep on happening to him and his family. It was very sad to see this smart, caring, helpful, little boy become so angry, helpless and scared.



But remember, this is a story about a superhero. Benny's daddy didn't just give up. He took time to heal and get his strength back. He spent time thinking about what he needed and what his family needed. He realised he needed to be more careful and use his strength more wisely. Benny's dad went to the best facility to get the strongest leg possible. It took a bit of tweaking to get it right. He started planning how to get his family money and all that they needed to be strong again. Mum and dad both grew stronger and were able to lead their children again.

They started to have adventures that they had never had before. They started to learn about stuff that they would never have learnt if it had not been for the accident.



But do you know who the true superhero really was? It was Benny! Benny's brain and family had been changed forever. Benny learnt about stuff like survival and super powered prosthetics that most kids don't get to learn. Benny started to develop wisdom and strength that was far greater than other kids his age. At first, he didn't see it - he was too **angry!** At first, he thought he was weak and powerless. But bit by bit, he started to see glimpses of his **strength and wisdom.** He started to learn about science, computers and technology. He started to understand about how humans can change. He started to talk to and soak up the wisdom of his parents. He started to enjoy a laugh with his dad again. **He started to realise he had power.** He was not a helpless little boy that bad things happened to! He was the master of his own destiny and he had powers that meant **his destiny was looking pretty good!** He felt this power deep in his heart and stomach and all over his body. As his muscles and brain grew, he started to grow into the most amazing human being.



Benny used his strength and wisdom to develop things that Iron Man could only have dreamed of!