



Oskar VS Thingamabob
Creating Your Own Superhero Phrase

Grade Levels: 1-3

*"I sure do get sad sometimes.
I once experienced a really difficult Gobbledygook.
And when I think about it sometimes, I feel sadness.
But my dad taught me a trick so I could handle it.
When I'm sad, I say my Superhero Phrase! Like this:
I am Beth! And I'm more powerful than batteries!" - Beth*

OBJECTIVES

Students will be able to identify something about themselves that gives them confidence.

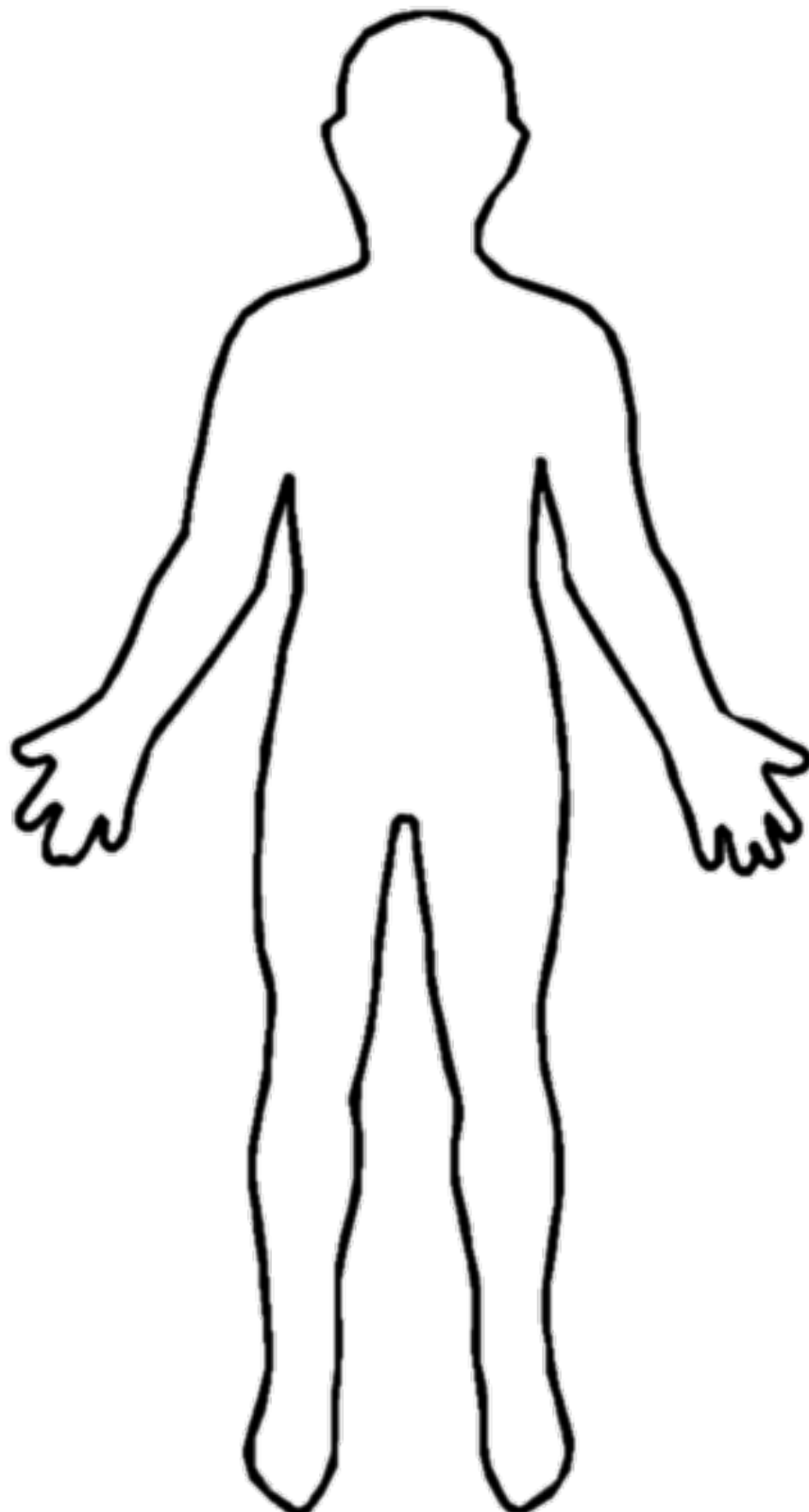
MATERIALS

My Superhero Phrase drawing (attached)

PROCEDURE

1. Discuss the emotion of sadness that Oskar dealt with in the show, Oskar VS Thingamabob. Ask the students if they can remember how Oskar processed that emotion – Beth helped him by sharing her process for dealing with sadness – saying her superhero phrase! Oskar had a hard time thinking of his own, and Beth asked him to think of one compliment your friends would give him.
2. Break the students into small groups of 4 or 5 and have each student create a compliment for each other.
3. Then have the students pick from their compliment list their very own superhero phrase – or create their own!
4. Next, hand out the Superhero phrase sheet and have the students create the superhero version of themselves and fill in their superhero phrase at the bottom.

Make Your Own Superhero!



What is your Super Hero phrase?
