

HIDDEN HEROES PRESENTS

THE HIDDEN HELPERS

ACTIVITY BOOK



Elizabeth Dole Foundation
CARING FOR MILITARY FAMILIES

PHILIPS



THE MISSION:

from Hayden, the Hidden Helper



Welcome!

You are a real-life superhero, taking care of someone in your family who needs extra help. We know it can be tough sometimes, and not everyone understands what you go through. But guess what? You're not alone! Other kids and teens like you are going through similar things, and the Hidden Helpers team is here to help you.

In this activity book, you'll tell us what it's like to be a helper. What you share will help us understand how to make things better for you and other kids and teens like you.

Thank you for joining the team and for all the super work you do!

-Hayden and The Hidden Helpers Team

ACTION PLAN

Included in your kit:

- Markers
- Multi-color pen
- Stickers
- Sticky notes

Rules of mission:

- Have fun
- Be creative
- Be honest
- There are NO wrong answers
- Only answer what you want to answer

Build your own superhero on the next page!

SUPERHERO MAKER

SUPERHERO NAME:

CRYSTAL HEART

REAL AGE: 13

SUPERHERO AGE: 280

SIDEKICKS:
(FAMILY + FRIENDS) MOM

BROTHER

BFF ERIN

DRAW OR MAKE YOUR
SUPERHERO LOOK!



Instructions:

Draw, write, sticker-ize...

Answer all questions in a way that works best for you!

This is a safe space!

SUPERHERO HELP GUIDE

WHAT WE MEAN WHEN WE SAY:

EVERYDAY NAME:

The name you use when you're just being yourself!

SUPERHERO NAME:

A special name you choose when you're helping care for someone. It shows your powers, mission, or who you are!

SUPERPOWERS:

The special things you're great at! They can be real, like being a "Great Listener" or "Super Strong," or pretend, like flying or turning invisible.

REAL AGE:

How old you are right now, based on your birthday.

SUPERHERO AGE:

Your age when you're a superhero. It can be your real age, how old you feel, or even an imaginary age like 400 or infinity!

TYPES OF SUPERHEROES

As you make your superhero character, remember that you can be whatever or whoever you want! Examples include:

HERO OR VILLAIN ***ANIMAL*** ***PRINCE OR PRINCESS***
BEST FRIEND ***TRANSFORMER***
WIZARD ***ALIEN*** ***MAGICIAN***
FAIRY ***CHEF*** ***DRIVER***

ANYTHING YOU WANT TO BE!

HOW YOU BECAME A SUPERHERO

YOUR STORY

Once upon a time, in a place called _____, there lived someone named _____ (your everyday name).

A typical day in my life includes: _____
(going to school, doing chores, taking care of my family, playing a sport, doing something creative, anything else you do!). My favorite part of my day is _____
(school, sports, spending time with my family, anything else you love to do).

One day, I realized I had superpowers that help me take care of my _____
(family member who is wounded, ill, or injured).
I _____ (remember, don't remember, or wasn't born yet)
when my family member got hurt or sick and have been helping them since
I was _____ (age you were when you started being a superhero).
My superhero name is _____.

My superhero motto is: " _____ "
(what do you always remind yourself when things get tough? Maybe something like "I can help!" or "I'm strong!" or "I can do this!").

When did you realize that you were a superhero helping someone in your family?

How do you feel about being a superhero for your family?

SUPERPOWER MAKER

WHAT ARE YOUR SUPERPOWERS?

(Things that you're good at or ways you or others describe you.)

List each one below:

How do your superpowers help you, help others?

Some ideas:
Strong, kind, caring, smart, fast,
patient, good listener, creative,
athletic, read minds, teleport,
invisible

SUPERHERO MAKER

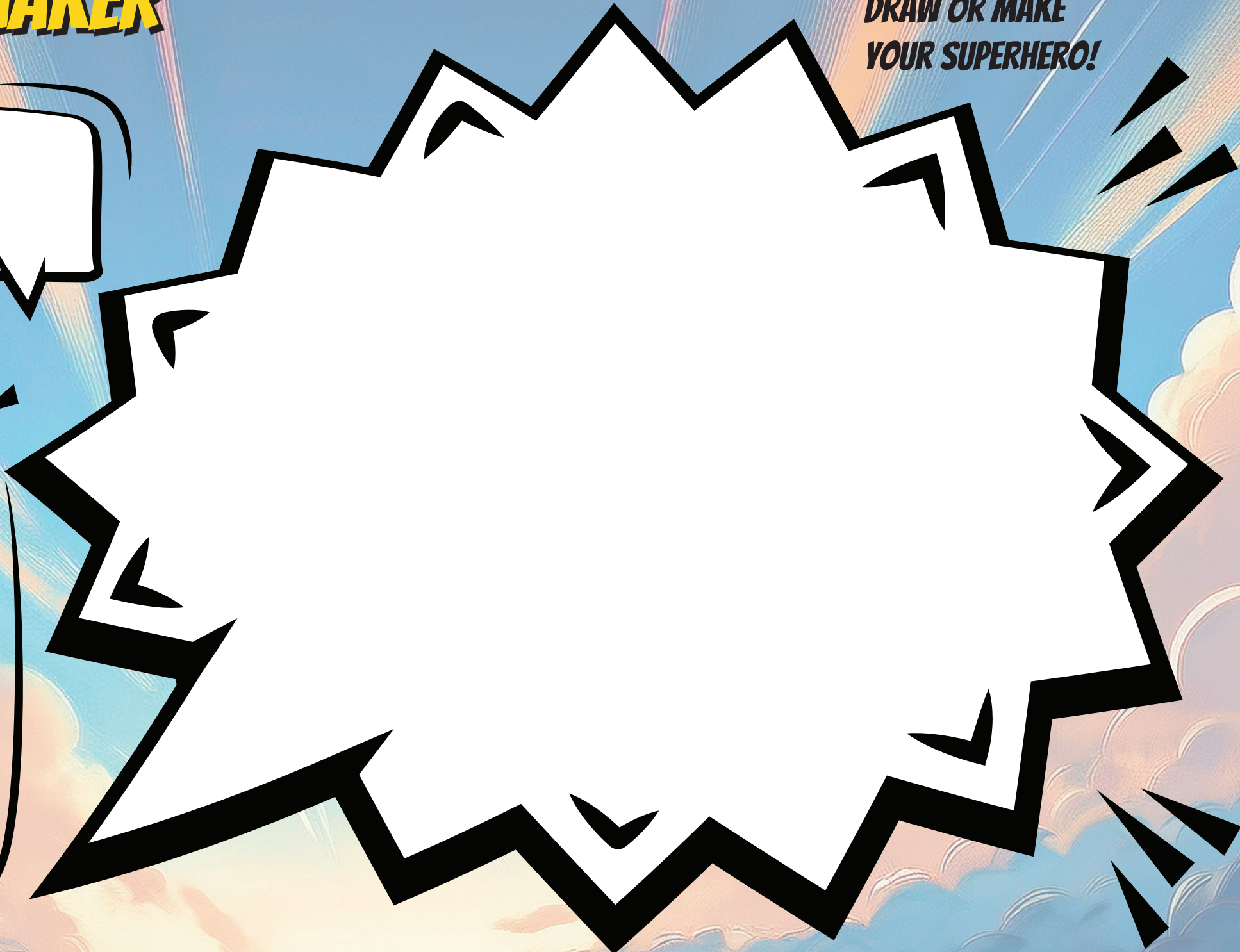
***DRAW OR MAKE
YOUR SUPERHERO!***

SUPERHERO NAME:

REAL AGE: _____

SUPERHERO AGE: _____

SIDEKICKS: _____
(FAMILY + FRIENDS)



LET'S CHECK-IN!

HOW ARE YOU FEELING
TODAY? DESCRIBE THROUGH DRAWING, COLLAGE,
WORDS, STICKERS OR ANYWAY YOU WANT!

SOMETIMES, TAKING CARE OF _____ (WHO YOU HELP)

MAKES ME FEEL _____ (TIRED, PROUD, OVERWHELMED, KIND, SOMETHING ELSE).

I FEEL THIS WAY _____ (HOW OFTEN, LIKE EVERY DAY, SOMETIMES, OR NOT OFTEN)

BECAUSE _____

(I LIKE TO HELP OTHERS; IT MAKES MY FAMILY MEMBER HAPPY; I'M WORRIED,
I'M NOT SURE HOW TO DO THINGS; OR ANOTHER REASON).

WHAT ARE SOME THINGS YOU DO THAT
MAKE YOU FEEL: HAPPY, CALM, CREATIVE,
DISTRACTED, OR ENERGIZED?

UNDERSTANDING WHAT YOU DO

WHAT THINGS DO YOU DO TO HELP
TAKE CARE OF YOUR ILL OR INJURED FAMILY MEMBER,
OR HELP OUT AROUND THE HOUSE?

WHICH THINGS DO YOU LIKE DOING THE MOST?

WHICH THINGS DO YOU NOT LIKE DOING?

WHAT DO YOU DO TO MAKE HELPING EASIER OR MORE FUN?

I WISH I COULD GET MORE HELP
WITH THINGS LIKE:

BECAUSE _____
(WHY, LIKE IT'S HARD, IT TAKES A LOT OF TIME,
I WANT TIME FOR SOMETHING ELSE)

UNDERSTANDING HOW YOU FEEL

HOW DO YOU FEEL ABOUT YOUR FAMILY
MEMBER BEING ILL OR INJURED?

WHEN I FEEL SAD OR WORRIED, I DO:

DO YOU FEEL LIKE YOU'RE A SUPERHERO
WHEN YOU HELP? WHY OR WHY NOT?

WHEN I FEEL SAD OR WORRIED, I TALK TO

(WHO YOU TALK TO, LIKE A FAMILY MEMBER, FRIEND, TEACHER, OR NO ONE).

IMPACT ON FAMILY TIME

AS I'VE GOTTEN OLDER, I HELP MY FAMILY

(MORE, LESS, OR ABOUT THE SAME)

AS WHEN I WAS YOUNGER BECAUSE:

(I HAVE MORE CHORES, MY SIBLING MOVED OUT,

I HAVE MORE SCHOOL RESPONSIBILITIES,

MY FAMILY NEEDS MORE HELP)

***WHAT DO YOU MISS ABOUT HOW THINGS
USED TO BE WITH YOUR FAMILY?***

***WHAT'S SOMETHING THAT YOUR FAMILY
STILL DOES THAT MAKES YOU HAPPY?***

SUPERHERO BREAK!

***LET'S TAKE A QUICK BREAK! YOU CAN DO ANYTHING YOU LIKE – DRAW, WRITE, REST, OR JUST CHILL. IT'S YOUR TIME!
FEELING STUCK?***

LOOK BACK AT THE CHECK-IN PAGE TO SEE THE THINGS THAT MAKE YOU FEEL HAPPY, CALM, OR ENERGIZED.

***HOW ARE YOU FEELING?
USE A STICKER, DRAW OR WRITE!***

IMPACT ON SCHOOL + FRIEND TIME

HELPING OUT MORE AT HOME MAKES IT

_____ (HARDER, THE SAME, OR EASIER)

TO DO MY SCHOOLWORK AND _____

(HARDER, THE SAME, OR EASIER) TO SPEND TIME WITH MY FRIENDS BECAUSE

_____ (WHY?).

ARE THERE THINGS YOU CAN'T DO WITH FRIENDS OR AT SCHOOL BECAUSE YOU'RE BUSY HELPING OUT AT HOME?

HAVE YOU TOLD YOUR FRIENDS OR TEACHERS WHAT YOU'RE GOING THROUGH? _____ (YES, NO, NOT SURE)

IT IS OK IF YOU HAVEN'T! IF THEY DO KNOW, DO THEY EVER OFFER HELP IN ANY WAY? _____ (YES, NO, NOT SURE)

IF YES, HOW DO THEY HELP? _____

IS THERE SOMETHING YOU WISH PEOPLE KNEW ABOUT WHAT IT'S LIKE TO HELP TAKE CARE OF SOMEONE?

NEEDING SUPERPOWER SUPPORT

I FEEL LIKE I _____ (DO/DON'T) KNOW ENOUGH
OR HAVE WHAT I NEED TO HELP AT HOME AND CARE FOR
MY ILL OR INJURED FAMILY MEMBER.

I _____ (WOULD/WOULDN'T)
LIKE MORE HELP OR IDEAS TO MAKE IT EASIER.

ARE YOU A PART OF ANY GROUPS, SUCH AS
A SPORTS TEAM, A CLUB, OR CLASS? _____

ARE YOU CONNECTED TO ANY OTHER SUPERHEROES? _____ (YES/NO)

WOULD YOU LIKE TO BE? _____ (YES/NO/NOT SURE)

WHAT COULD HELP YOU AND YOUR FAMILY THE MOST?
(SUCH AS HELPFUL INFORMATION, SPECIAL SUPPLIES,
THINGS YOU CAN USE, WAYS PEOPLE CAN HELP)

TO THE FUTURE AND BEYOND!

***WHAT DO YOU WANT TO DO
WHEN YOU GROW UP? IT'S OK IF YOU DON'T KNOW
OR HAVE A LOT OF IDEAS AND AREN'T SURE YET!***

ARE THERE ANY SPECIAL DREAMS OR GOALS YOU HAVE FOR YOURSELF?

***DO YOU FEEL READY FOR WHAT MIGHT COME NEXT IN YOUR
JOB AS A HIDDEN HELPER? _____ (YES/NO/NOT SURE)***

WHY OR WHY NOT?

***WHAT ARE YOUR BIGGEST WORRIES
OR HOPES FOR YOUR FAMILY MEMBERS?***

WHAT ARE YOUR BIGGEST WORRIES OR HOPES FOR YOUR FUTURE?

MISSION CHECK-OUT!

WE'RE ALMOST DONE WITH THIS MISSION!

**YOU'VE ANSWERED LOTS OF QUESTIONS, AND SOME MIGHT HAVE BEEN HARD TO TALK ABOUT.
BUT YOU DID AN AWESOME JOB, AND YOU SHOULD BE PROUD – YOUR WORK WILL HELP OTHER KIDS LIKE YOU!**

**BEFORE WE FINISH, USE THIS SPACE TO THINK ABOUT WHAT YOU DID TODAY, ALL THE GREAT THINGS YOU DO AS A HIDDEN HELPER,
OR ANYTHING ELSE ON YOUR MIND. YOU CAN DRAW, WRITE, ADD STICKERS – WHATEVER YOU WANT!**

**HOW ARE YOU FEELING?
USE A STICKER, DRAW OR WRITE!**

THE HIDDEN HELPERS

SUPERHERO AWARD

is proudly awarded to:

for completing this mission with courage,
kindness, and creativity!

Congratulations on all your hard work.
You are officially welcomed to
the Hidden Helpers Team,
where your superpowers make a big difference!



THANK YOU!!

The Hidden Helpers

The Hidden Helper Team





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PHILIPS



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