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SUPERMOOGHS

Temi is very creative and loves ballet, dancing in general. Her favourite colour is pink. She is very sensitive and can sense danger.



Kerry loves animals and horse riding. She has a pony called Django. Kerry can communicate and understand animals by reading their body language.



Elisa loves all types of music.
she can sing and belt out a
large musical range. Her voice
is calming
and soothing.



Jake loves video games and skateboarding. He is very good at skateboarding and has a special skateboard that can fly.



Harry is nerdy and loves dressing up as his favourite superheroes. He wears special glasses that helps him see through objects.



Robodroid is a robot with a human heart. He can feel all human emotions. He is very intelligent, physically strong, compassionate, and kind.

He can project those feelings out of him to affect the atmosphere.

He understands and can speak over 20 different languages.

One of his special powers is his ability to lift heavy objects.



Hannah's parents are wealthy. She is quite spoiled because she's given everything, she wants including her little dog Spikey. She goes everywhere with Spikey.

She loves dressing up in her favourite cartoon characters.

She is also special because she can change anything, she touches into whatever she is thinking.

Once she wanted to skate and turned the local pond into ice just by touching it.



Mikey loves anything magical and is always trying to perform magic tricks. His nickname is 'Magic Star'. His special power is making things disappear with his magic wand.



Olivia is very studious,
intelligent and can solve
most puzzles &
mathematical equations.
Her super strength is
problem-solving.



Rishi is a curious individual. He's a big fan of gadgets and video games. He's really into basketball.

He invented a special feature that he attaches to his wheelchair to be able to ride quickly on the basketball court.



Sherry is friendly and a delight to be around. She is confident in her own abilities and knows that she is valuable. She is stylish and elegant.

She is talented and enjoys painting, Her magic brush is magical. Everything she envisions in her mind and paints, comes alive.



APPRECIATING DIFFERENCES

“Look at that man over there, Mummy,” said seven-year-old Jake, pointing. “He has no legs!” “That’s probably because he was injured fighting for our country,” replied Jakes’s mum.

Jake was quiet for a moment. Then he noticed a black family. “Mummy,” he said, pointing.

“Those people have a dark skin.”

“Yes, they do, honey,” said his mum. “Just like your grandparents who live in Japan; their grandparents might have come from Africa.”

“Let’s ask them,” said Jake. “Okay,” said his mother.

Together, they went over to the black family.

“Hello,” said Jake’s mother. “I’m Myra and this is my son Jake. Jake’s grandparents live in Japan.

He was wondering where your grandparents live.”

The father chuckled. “I’m Barry and this is my daughter Elisa. She was just asking me where you were from.”

Myra laughed. “It looks as if we both have curious kids!” “Hello Jake,” said Barry. “Thanks for asking about my grandparents; most people just stare and point.

We kind of stick out here.” “So, do we,” said Jake shaking Barry’s hand. “People ask me if I am sick because my skin is not the same as theirs.”

“This is a small town,” explained Barry. “They don’t have many black or Japanese people here. In London, where we used to live, there were lots of black people. Elisa finds living here strange.”

“My dad has lived here all his life,” said Jake. “He met my mum when he was in Japan, teaching English to a bunch of big people.” “I came here to teach at the college,” said Barry. “This is my wife, Sylvia. She is a doctor at the hospital.”

“How long have you been living in Madison Street?” asked Jake’s mum.

“We’ve been here for a month,” said Barry.

“Where do you go to school?” Jake asked Elisa.

“My parents have been home-schooling me,” answered Elisa.

“What’s home-school?” asked Jake.

“That means Elisa doesn’t go to a school building like you do, honey,” explained Myra. “Her parents teach her at home.”

“Oh,” said Jake “I like school. My teacher is nice, and my friends and I play games at recess.

Isn't it lonely being the only kid in your class? The teacher will ask you all the questions and you don't have anyone to trade lunch with."

Both families laughed. "Actually, Jake, now that my wife and I are so busy with our jobs and we won't be moving around so much, we thought we would let Elisa go to your school."

"It's a good school, Elisa," said Jake. "I'll introduce you to all my friends. Maybe we'll be in the same class."

"I'm the president of the Parents Group at the school. Will you come to our meeting? It is tomorrow night."

"Come on, Elisa," said Jake. "There's a man over there. He has no legs. I'll bet he has an interesting story to tell us. Isn't it lucky we're all so different? The world would be boring if we were all the same



I LOVE ME

I don't get it!" Temi yelled to the group known as Super Mhoogs

Everyone stopped talking and focused on Temi with her curly black pigtailed and her dark chocolate-coloured eyes.

"Get what?" asked Harry tucking his Superman shirt into his pants. He gave Temi a studious look, his eyes curious behind his huge glasses.

"Sherry," replied Temi as if that explained everything. "More," piped up April. "She's the new girl in our class. So what?"

"Well," Temi said. "I asked her to join our table for lunch. She mumbled something about a phone call and literally ran from the room."

"That's weird" said Mikey with a puzzled look on his shining black face. "Who wouldn't want to join the Super Mhoogs for lunch," he added, straightening his tall, white top hat.

"Duh!" responded Hannah. She drew her red hood up around her face and waited for the criticism she expected from her remark. "What do you mean?" asked Harry innocently. "We're the Super Mhoogs!"

"Well," said Rishi, "I love you guys and I am honoured-yet a bit intimidated-to be one of you.

But, some students are easily...er...terrified by you all."
"Terrified?" said Temi, stunned.

As you get to know us, you will understand that we are unique and expressive in our appearance. We know who we are." Every-body is unique and different, and we celebrate that in the group.



LISTENING SKILLS

“Did you hear what I said, Olivia?” asked her mother. Olivia’s head continued to bob to the music blasting from her headphones.

“Olivia!” her mother shouted. “Could you turn down the sound? I can hear your music clear across the room.”

When Olivia did not respond, her mother took the headphones from her daughter’s head. “Now,” she said, turning Olivia’s iPod off, “Let’s talk.”

“Hmmm,” replied Olivia reading the information on her yogurt cup. “Did you know this yogurt contains real blueberries?”

“No,” replied her mother, “and I don’t particularly care right now. I have important information for you. This is your swim team application. I found it at the bottom of your backpack. When did you intend to tell me about it?”

“Coach gave it to us last week,” replied Olivia. “We’ve got loads of time before the meet.”

“Do you happen to recall when Coach asked that it be returned?” Olivia shrugged. “Sometime before the meet, I guess.”

“How about tomorrow?” asked her mum.

“Really?” responded Olivia. “Hmmm.”

“If I hadn’t found it, you wouldn’t be going to the meet,” said mum. “Guess I’m lucky you go through my backpack, huh?”

“You’re a brilliant girl, Olivia but your listening skills are abysmal.”

“Great word, mum,” Olivia said breezily.

“Since you aren’t taking this seriously,” said her mum, “I’ve a good mind to let you miss the deadline as a lesson, but that wouldn’t be fair to the rest of the team. So here’s what we’re going to do. I’ll submit your application and you’ll create a plan for how you intend to become a better listener.” That day, at school, Olivia told the other Superkids what had happened.

“Bummer,” said Cameron. His blue eyes were sympathetic. “My mum is always harping on about being a better listener too.”

“What does she say?” asked Olivia. Cameron shrugged. “I don’t know. I just tune her out.”

“Well, now I have to create a plan for becoming a better listener.” “We’ll help,” offered Amanda, her black pigtails bobbing, and her chocolate brown eyes eager.

“It’ll be fun. Come on, let’s put our heads together.” The Superkids put their heads together. They researched good listening skills, and this is what they discovered. The average listener hears only about twenty-five percent of what is said.

That means there is only a one in four chance you will get the message. To be a good listener, you have to empathize with the person you're speaking with. Understanding what their experience is even before you talk to them helps you connect.

You have to have the intent to listen. That means facing the speaker and putting distractions—like Olivia's iPod—aside. You have to attend with an open mind. Otherwise, you just tune the speaker out like Cameron did. This also means setting your opinions, comments, resolutions, and interruptions aside and really listening. As you listen, try to get a mental picture of what the speaker is saying.

“Wow!” said Dylan as Olivia finished reading the list the Superkids had compiled. “I had no idea listening was so complicated!”



SELF CONFIDENCE

“Elisa has great ideas but when she offers them, she always seems so apologetic. Her manner suggests she expects us to jump all over her suggestions,” said Temi.

Her curly black pigtails were tied in neat pink bows today. Her dark chocolate-coloured eyes looked intently at her fellow Super Mhoogs. “I’ve noticed that too,” added Harry.

He looked at his friends with a studious expression, his blue eyes huge behind his large dark-framed glasses. He was wearing a new a Superman shirt.

“Well,” noted Robodroid, “we are kind of intimidating.”

“Elisa lacks self-confidence,” said Cyril, his dark face shining with anticipation.

“I vote we help her become more self-confident.”

“And how do we go about doing that?” inquired Jake, his auburn curls bobbing.

“My mum says people become more self-confident when they are successful at doing things. She joined a writing group. Their support and praise helped her become a more confident writer.”

“Selling three books and winning an award must have bolstered her self-confidence too,” observed Temi. “That too,” responded Cyril.

“So, a good start would be for us to run with Elisa’s suggestion about how to get more playground equipment,” said Harry.

“Yes,” added Robodroid. “And we could get the press in to interview Elisa about her idea.”

“Okay,” said Temi, rubbing her hands together. “I love a good project.”

“How about we ask our teacher if Elisa could present her idea to the student council?” suggested Jake.

“Okay team,” said Temi. “Let’s do it!”



TEAM WORK

“Listen up!” Temi shouted over the noise made by the group known as Super Mhoogs. All eyes focused on her curly black pigtails and her dark chocolate-coloured eyes.

“That’s better,” she said. “If we are going to ace this bridge building activity, we need work together.”

“But” interrupted Harry, a studious looking boy with huge glasses and a Superman shirt.

“I know what you’re going to say, Harry. Your dad is a civil engineer, and we can just get him to supervise the construction. Well, this project is not about building the most stable or even the most beautiful bridge. It’s about teamwork.”

“We surely should be able to do this,” sniffed Kerry. “We have a combined IQ that’s bigger than that of the most intelligent person on earth.” She adjusted her sparkly cowgirl hat and gazed admiringly at her reflection in her shiny pink cowgirl boots.

“Yeah?” retorted Mike, a smile on his black face. He touched his white top hat and continued.

“If we do not work together as a well-coordinated team, we fail this assignment. I for one do not want to explain to my father the general that I failed to instil leadership in this team.”

“Maybe we should start out by researching the characteristics of a good team?” Elisa asked hesitantly. She drew her red hood up around her face prepared for the criticism her suggestion was sure to spark.

“What a fabulous idea, Elisa!” Yas said, removing her headphones and her dark glasses. No one knew how Nina was able to hear above the racket coming from her enormous silver headphones. “Okay team,” suggested Mike. “Let’s hit the library and meet back here at 1500 hours to report on what we have discovered.”

The next day the Super Mhoogs met at precisely 3 p.m. It was decided that Cam, who had the best penmanship, would write down what each had discovered. One by one, the kids called out what they had found out. Nora’s auburn curls bobbed as he printed meticulously.

This is what they learned:

1. An effective team has a common purpose which they all understand and support.
2. An effective team has a manager who keeps team members coordinated on a master plan.
3. A good team uses the talents of each member to produce the best results, recognizing that every team member brings different and valuable skills to the task.

4. A good team has a clearly defined performance goal and a plan or achieving it.

5. An effective team has respect for each member and a strong sense of shared trust that the team can complete the assigned task.

After discussing what they had discovered the team agreed Nora should work with Harry and Harry's father to create a sketch. To his great relief, Mike was voted project manager. "Thank, guys!" he said. "I won't let you down!"

Elisa raised her hand timidly. "My mum and I decorate t-shirts and we were thinking it would build team spirit if we made a Super Mhoogs t-shirt for each team member."

"Splendid idea!" Cam and Nina shouted. Everyone cheered and gave Elisa a high five. Let's meet tomorrow and look at the plans," Mike suggested. "Go team!" they all shouted



THE POWER OF USING YOUR VOICE

Temi and Elisa are friends. Elisa is quite outspoken and comes off as rude sometimes. Temi, on the other hand, has a very quiet and reserved personality. She allows people to take advantage of her quietness. Her classmates have assumed that she is usually this quiet because she lacks confidence.

One day, the notorious duo, Olivia and Harry, decided to make a fool out of Temi. They put some ants in a glass jar and poured them into Temi's lunch plate. When Temi saw the ants, she started to panic. Elisa saw this and immediately got into a fight with the duo. The teacher came in and saw them.

"Elisa, Temi, Harry and Olivia, in my office immediately!" she said as she stormed out of the class.

Elisa explained everything that happened to the teacher. She scolded the duo, Harry and Olivia, and sent them in for detention. Then he addressed Temi and Elisa.

"Elisa, I know you were standing up for Temi, trying to help your friend, but there are other ways to use your voice to help her without fighting in the classroom."

“And for you Temi, you need to up your game a little bit, Elisa will not always be there to speak or fight for you. You also need to stand up for yourself and say exactly how you feel, do not let people push you over.”

They both thanked the teacher and left, promising her to change and use their voices better for the best outcome.



CHOOSING A MOTTO

To help you choose your own motto, try some of these for size. You may find it useful to have different mottos for different situations.

1. I can do this.
2. There's more to me than just how I look.
3. My friends think I am funny / talented / clever / great / fun.
4. I am unique and great just as I am.
5. I am strong.
6. I am proud of myself and who I am.
7. I'm OK and will show others I'm OK.
8. I'm happy to be me.

If you are struggling, try discussing this with someone close to you and maybe even ask them to suggest some mottos you can use.



The Power of using Your Voice

I appreciate similarities, I respect differences

Mayah's Legacy believe that empowering children encourages confidence and self-esteem. By allowing children to speak through choice, opinion, feelings and emotions, children can develop and learn that they are important and valued. Feeling empowered plays an important role in the way a child learns.

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