

Superpower cards

Concept credited to Wendy Robinson, Wendy Robinson Consultancy



helping others



listening



setting boundaries



play



saving



being kind



relaxing



reading stories



Running the household



fixing things



budgeting



being creative



looking after the children



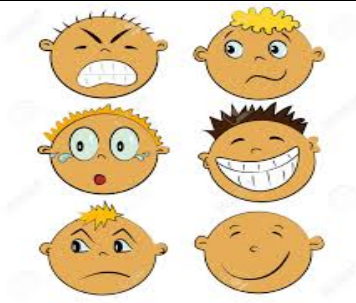
talking things through



asking for help



maintaining routines



showing how you feel



resolving arguments



seeing other points of view



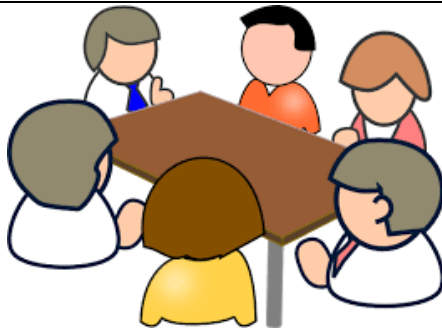
taking care of yourself



healthy eating



admitting to your mistakes



attending meetings



Helping with homework