

SEVEN SANKOFA SUPERPOWER



- Love
- Compassion
- Unity
- Truth
- Purpose
- Kindness
- Diversity

Superpower1

Love: Love is like the wind; you can't see it but you can feel it.

Sankofa: Sankofa shows Love when she accepts everyone for who they are.

Embrace Change

Superpower In Action: Find three people to demonstrate love by speaking only positive things about them.

Superpower 2:

Compassion: If you want others to be happy practice compassion. If you want to be happy practice compassion.

Sankofa: Sankofa shows Compassion when she goes outside her comfort zone to embrace others in the moment.

Superpower in Action: Talk, Write or Send a text message to someone today letting them know you are here for them if they need a friend.

Superpower 3:

Unity: "Unity is strength when there is teamwork and collaboration because wonderful things can be achieved.

Sankofa: Sankofa shows unity with she brings strangers and family together to find common purpose.

Superpower in Action: With a friend, or classmate find a small task that you two can do together. Let this task be something that you can't do alone.

Superpower 4:

Truth: Be A Voice, Not an echo, Speak Truth

Sankofa: Sankofa shows this when she stands in her truth to share with the world, the accomplishment of those who came before her.

Superpower in Action: Research a popular idea that people may not know its true because they have believed a lie.

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Superpower 5:

Purpose: The Purpose of life is a life of Purpose, if you can't find your purpose find your passion it will lead you there.

Sankofa: Sankofa shows this when she inspires Adrain and Lester to make sure their purpose serves humanity.

Superpower in Action: Answer this question: Do you know your purpose? If not get a trusted adult to help you begin to discover it.

Superpower 6:

Kindness: It only takes one person and one act of kindness to inspire others and create change.

Sankofa: Sankofa's mother and father show kindness to strangers because they understand the importance of leaving a little sprinkle of kindness everywhere they go.

Superpower in Action: Can you think of three random act of kindness you can do today.

Superpower 7:

Diversity: Diversity is not a characteristic of life, it is a condition necessary for life. Like air and water

Sankofa: Sankofa shows diversity when she demonstrates the importance of her cultural identity with feeling inferior

Superpower In Action: This week, eat, speak or do something from another culture that you will normal not do. (Seek adult permission first)