



In support of:



F.A.M.



superhero Challenge!

HAPPY HEARTS, MIGHTY MINDS

What does your family do to keep your
hearts happy and **minds mighty**?

This June Holiday, celebrate what makes your family strong, caring and connected by designing your very own **F.A.M. (Flourishing And Mighty) Superhero!**

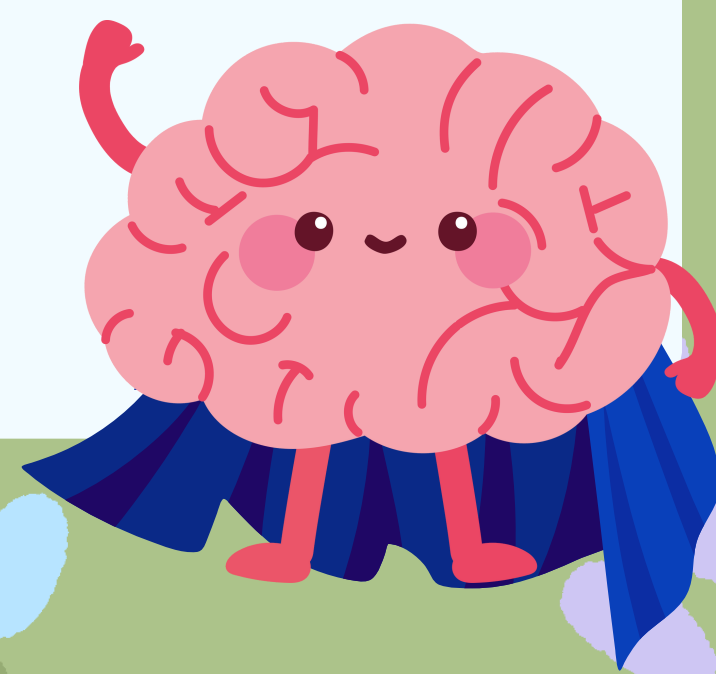
Your designs will give everyone fun and creative ideas of actions we can take as a family to **flourish together!** Selected designs will be featured in our BUZZ Magazine in November, and stand a chance to win an **attractive prize!**



CREATE YOUR SUPERHERO TOGETHER

What helps your family to flourish? Think about how your family can promote flourishing mental health together. Consider how you **support and care for one another, have fun, practise self-care, and bounce back from tough days.**

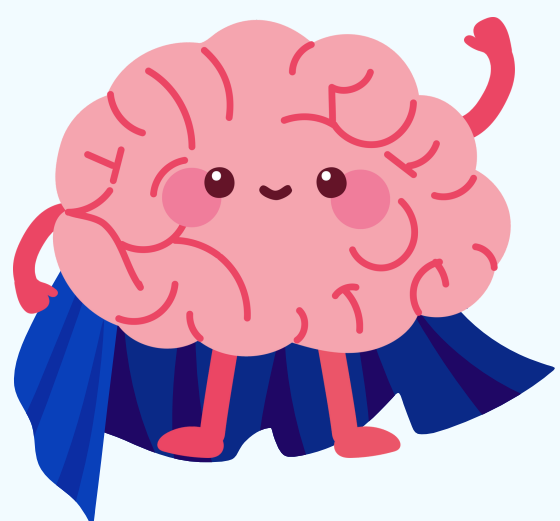
Give your superhero a **name**, describe its **superpower** and come up with a **catchy motto** that captures your superhero's mission.





HOW TO DESIGN YOUR SUPERHERO?

You can express your superhero in any **creative, family-friendly** format, such as:



-  Drawing or painting
-  Collage using magazines, photos, stickers
-  3D models using clay, lego blocks or recyclables
-  Using symbols to represent the superpower
-  Digital art
-  Using the superhero or shield template we provide

PARTICIPATE AND...

 Send your entry to ssc@childrensociety.org.sg with subject 'F.A.M. Superhero Challenge' Submission opens now and ends on 13 July 2025.

STAND TO WIN A PRIZE!

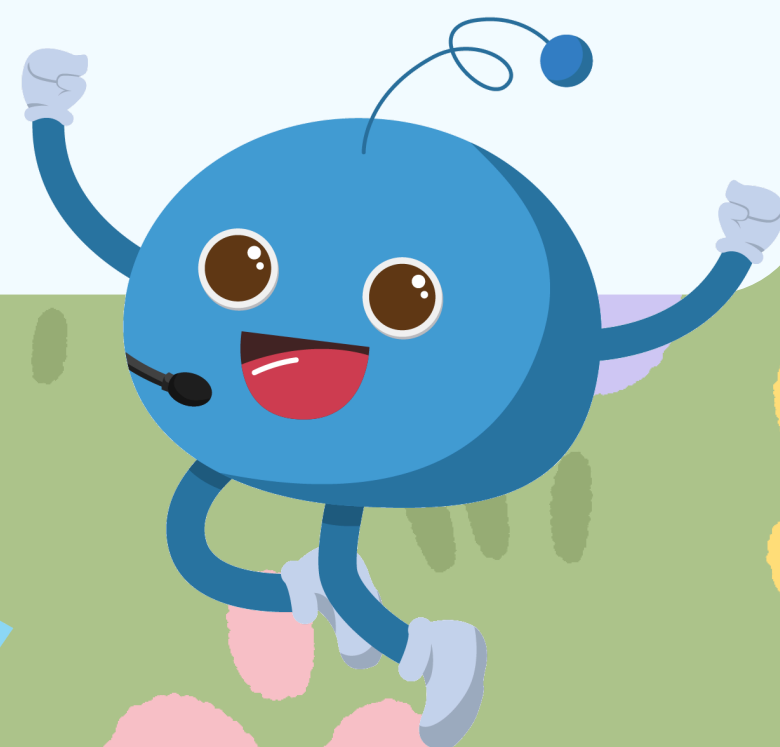
The Top 5 most **creative** and **meaningful** designs will win an attractive prize that supports family wellbeing! (Hint: It's something fun and togetherness-boosting! 🎁) Winners will be notified via email by 15 August 2025.



NEED A BOOST?

Check out these resources:

- Tinkle Friend's BUZZ Magazine – tinklefriend.sg/buzz-magazine
- Mindline – mindline.sg
- Healthhub – healthhub.sg





NEED IDEAS?

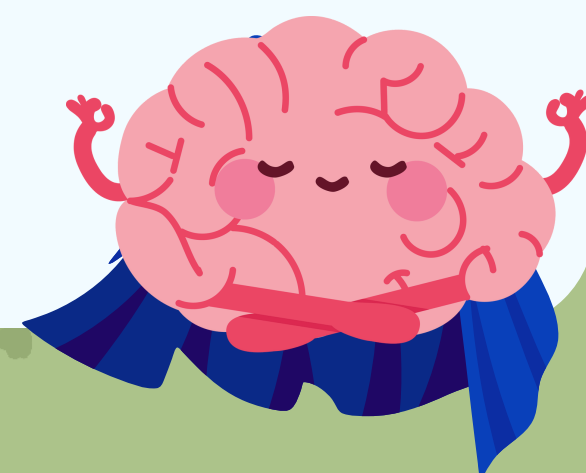
CHECK OUT **CAPTAIN CALM** AND **EMPATHY ENCHANTER**!

'Breathe in
calmness,
breathe out
stress!'



CAPTAIN CALM 😊

Superpower: slows
down time to take
deep breaths and **stay
calm** under stressful
situation



EMPATHY ENCHANTER 😊

Superpower: **empathise**
with others' feelings
and responds in ways to
make others **feel heard
and validated**

'Listen, care and connect'



(emblem)

TEMPLATES



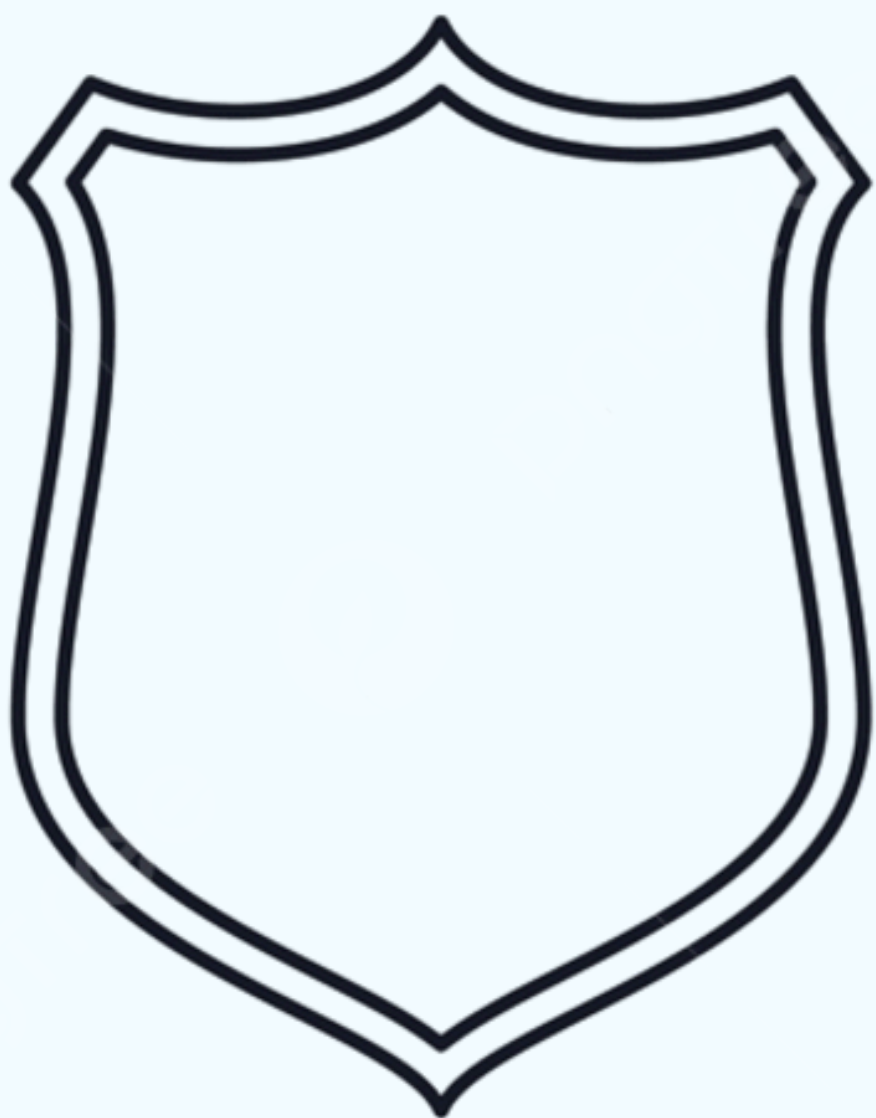
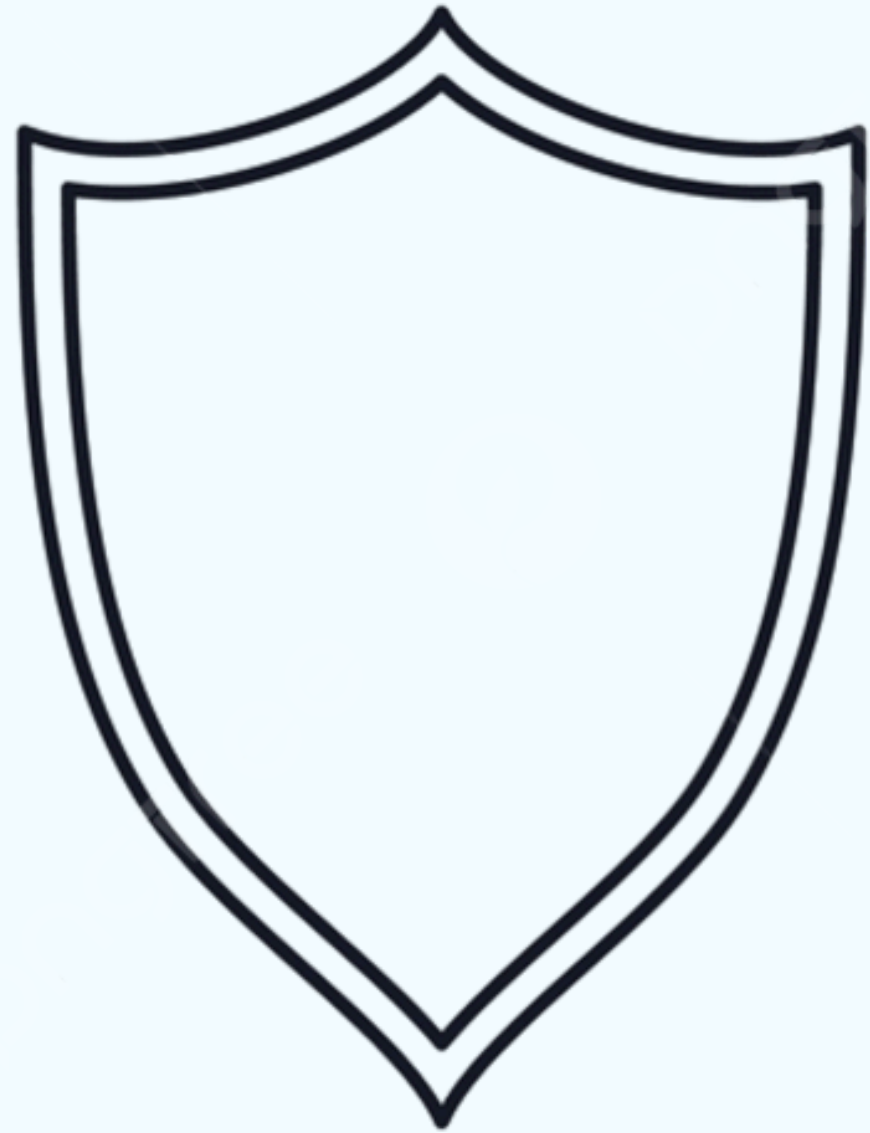
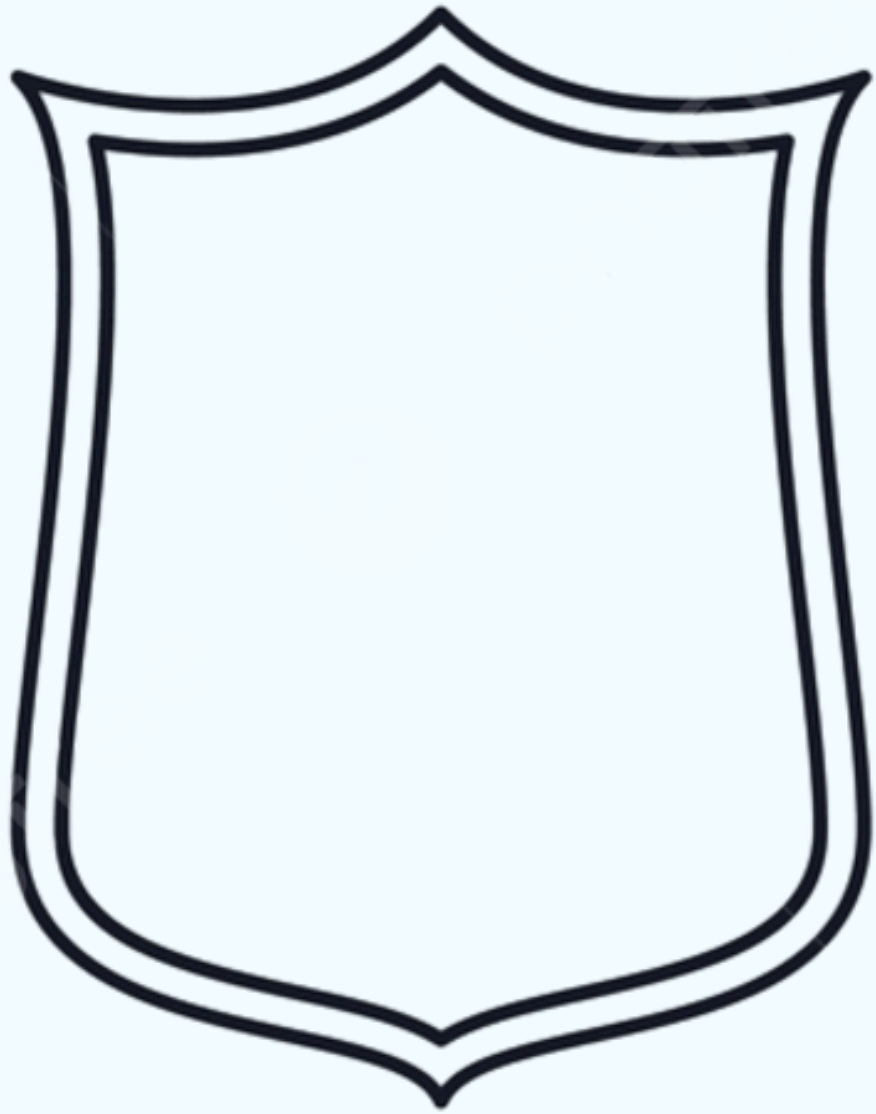
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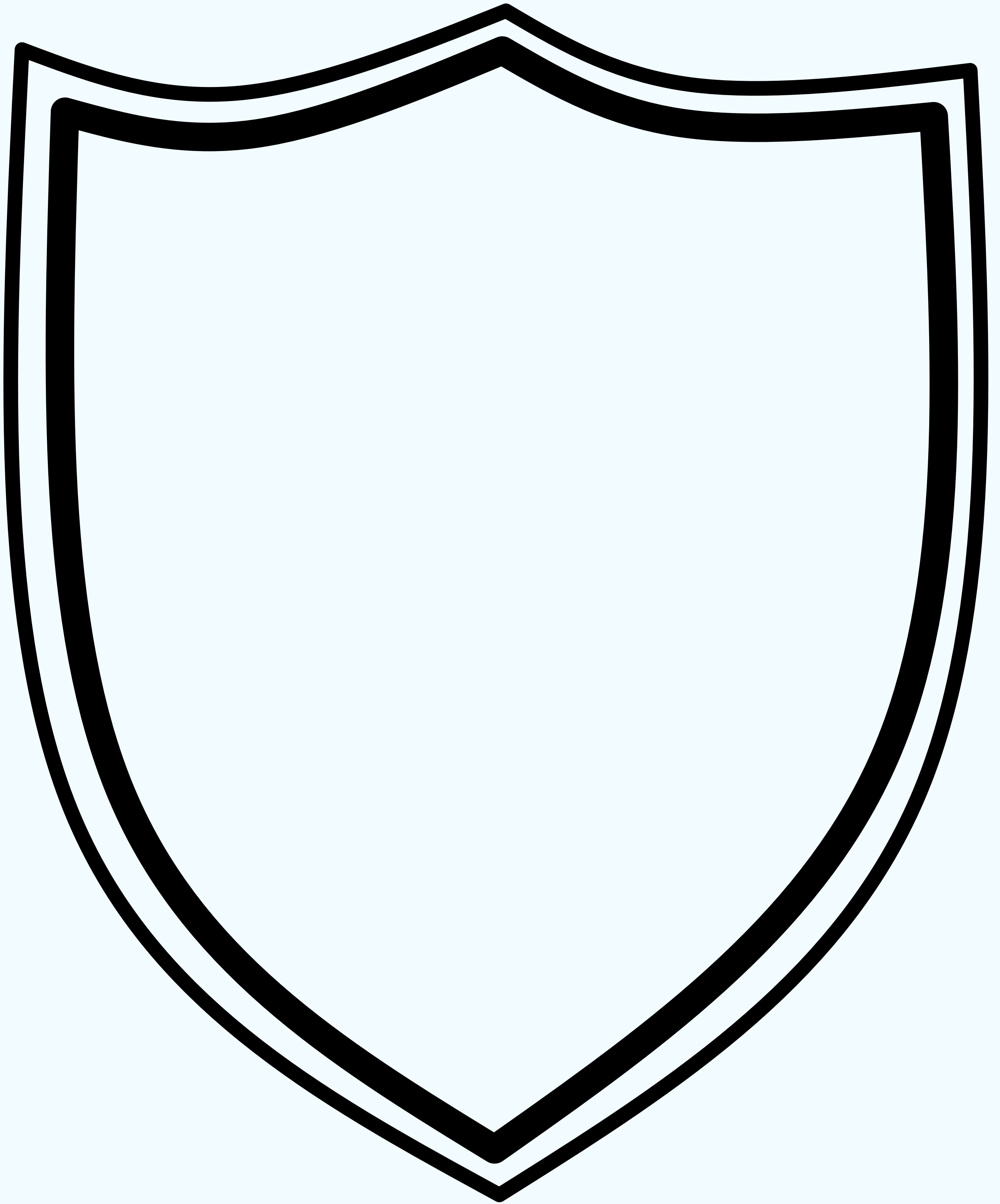
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