

Be a

# SUPER FRIEND

During COVID-19



**What superpower will you use today to help your friend?**

**Will you...**

Be calm when friends are worried?

Tell someone it will be okay?

Encourage friends to get help if sad?

Be kind whether or not others wear masks?

Tell an adult when you see kids being mean?



**How many superpowers will you use today?**



Visit the [National COVID-19 Resiliency Network \(NCRN\)](#) to find COVID-19 information and resources near you.

