



# Are you a secret SUPER-HERO?

Do you help to look after  
someone at home?

Do you help with...

...doing the  
shopping

...the taking  
of medicine

...cooking  
and  
cleaning

...looking after  
a sibling



...bathtime

...someone's  
mental health

...someone  
using the toilet

If you think this is you, speak to your  
Trusted Adult/ put a note in the worry box  
or speak to Mr Gotheridge.