

# Disability Superheroes - Plain Text

## Instructions



Here are the plain text instructions for the Disability Superheroes task. Each slide of the PowerPoint is written below.

The documents mentioned (factfiles, storyboard, comic strip, mindmap) are all included in this section of the website. Plain text versions of the completed superhero factfiles are included at the end of this document.

Slide 1:

The LUNA Project presents – Disability Superheroes. An online learning resource.

Slide 2:

**Learning Outcomes.** By the end of this workshop:

- I will have learnt about some famous superheroes with disabilities
- I will know what representation means and why it is important
- I will have designed my own superhero with a disability
- I will have made a comic strip with my character
- I will have thought about ways that I can be a Disability Superhero

Slide 3:

### **Superheroes with Disabilities**

- Lots of famous superheroes have disabilities or long-term health conditions!
- Look through the factfiles that come with this workshop to learn more about some superheroes who have disabilities
- Have a think about how these characters help people to understand their disabilities

Slide 4:

### **Representation**

- Representation is the way a particular group of people are shown in media such as books, television and films
- Characters with disabilities or long-term health conditions are representation for people who have disabilities
- Good representation is important because it can influence how people think about disability. It also educates people who don't have disabilities on what it is like to have that disability

- It is also important because it lets people with health conditions see someone like them in their favourite TV show, book or movie
- Good representation matters because it shows people that disability is not a bad thing and should not hold people back!

Slide 5:

### **TASK**

- You are going to design a brand-new superhero with a disability!
- Use the blank factfile to create your character – you can use the other factfiles as inspiration to get you started
- Do some research on your character's condition so that you can tell us about how they will teach other people about it. You can pick one of the conditions the superheroes in the factfiles have, or you can choose a different one – the important part is for you to understand and represent the condition your character will have!

Slide 6:

### **Your Superhero**

- Now that you have created your very own superhero, it's time to put them in action!
- There are templates for a storyboard and comic strip that come with this workshop – use these to create a short comic all about your superhero!
- Use your storyboard to plan an adventure for your character and create it in the comic strip
- Your comic should teach at least one thing about the condition your character has – for example, if your character is deaf, maybe you can show them using sign language
- Have fun!

Slide 7:

### **Being a Disability Superhero**

- Superheroes are always fighting for the right thing – we want you to become Disability Superheroes!
- How can you be a better friend to people with disabilities? What can you do to help them?
- Use the mindmap included with this workshop to brainstorm ways that you can be a Disability Superhero in your everyday life

Slide 8:

### **Examples**

- I can offer to help push my friend in a wheelchair up a hill
- I can help my friend catch up on work they have missed when they were off sick
- I can be a good listener

- I can describe things for my friend who can't see or hear them well
- I can learn about different conditions so that I can support the people who have them
- I can correct someone who has made a wrong assumption about disability

Slide 9:

**Today we have learnt:**

- We have learnt about some famous superheroes who have disabilities and long-term health conditions
- We have learnt what representation is and why it is important
- We have designed a new superhero with a disability and learnt about their condition
- We have created a comic strip with our new superheroes that teaches about their disabilities
- We have thought of ways to be Disability Superheroes in our everyday lives

Slide 10:

**Well done!**

Please send the worksheets you have completed today to our email address [thelunaprojectuk@gmail.com](mailto:thelunaprojectuk@gmail.com) – we would love to see your work and may even ask to publish it on our website!

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## [Completed Factfiles – Plain Text Versions](#)

### [Daredevil](#)

**Information**

Real Name: Matt Murdock

Disability: Daredevil is blind

Superpowers: Due to his blindness, Daredevil's other senses are stronger, especially his hearing

Skills: Daredevil is a strong fighter and acrobat, good at martial arts and very clever.

Origin Story: When he was young, Matt Murdock was involved in an accident with a truck carrying radioactive chemicals, which caused him to lose his sight but heightened his other senses.

Allies: Foggy Nelson, Iron Fist, Luke Cage, Jessica Jones, Elektra, Spider-Man

Villains: Kingpin, Bullseye

**Fun Facts:**

- Daredevil is a lawyer
- His dad was a boxer
- His friend Maya Lopez is the superhero Echo, who is Deaf

#### **How does this character teach people about this condition?**

- Daredevil's stories include lots of sounds to help demonstrate what life would be like for someone who can't see – he relies on his hearing to go through day-to-day life
- Daredevil is very independent despite his disability. He doesn't let it hold him back.
- Daredevil sometimes walks with a cane that he rolls along the ground in front of him. This lets him know if there are any objects in front of him that he might walk into so he can avoid them

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### Hawkeye

#### **Information**

Real Name: Clint Barton

Disability: Hawkeye is hard of hearing

Superpowers: Hawkeye does not have any superpowers but he is highly skilled.

Skills: Hawkeye is an expert in archery and almost never misses. He is also trained in martial arts so he is a skilled fighter.

Origin Story: When he was young, Clint joined the circus and trained to become a master archer. He eventually joined the Avengers. He lost his hearing in fights with Crossfire and The Clown.

Allies: Black Widow, Iron Man, Kate Bishop, Mockingbird, Spiderwoman

Villains: Crossfire, Trick Shot, The Clown

#### **Fun Facts:**

- Hawkeye once had the identity of Goliath, the giant superhero
- He had his own Avengers team
- He speaks English, ASL and Italian

#### **How does this character teach people about this condition?**

- Hawkeye uses hearing aids to help him, just like a lot of people who are hard of hearing
- Hawkeye sometimes communicates using American Sign Language (ASL) – lots of people who can't hear as well use sign language (with or without speaking) to communicate
- Hawkeye can read lips – this means he can watch the way someone's lips move to figure out what they are saying. Lip reading is useful to many people who are hard of hearing but not everyone is able to, and most lip-readers can't read every single word a person says

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### Oracle

#### **Information**

Real Name: Barbara Gordon

Disability: Oracle has a spinal injury which means she needs a wheelchair

Superpowers: Oracle does not have any superpowers, though she is a genius.

**Skills:** Oracle has a perfect memory and is really smart. She is a great detective and a skilled computer hacker.

**Origin Story:** When she was younger, Oracle fought with Batman and Robin as Batgirl. She was injured in a fight with Joker and then chose the new identity of Oracle.

**Allies:** Batman, Robin, Nightwing, Supergirl, Huntress, Black Canary

**Villains:** Joker, James Gordon Jr., Mirror, The Terrible Trio

**Fun Facts:**

- Oracle founded the Birds of Prey team
- She has a law degree from Harvard
- Her dad, Jim Gordon, is the Commissioner of the Gotham Police

**How does this character teach people about this condition?**

- Oracle talks a lot about taking care of her wheelchair – keeping your wheelchair working well is very important if you are someone who uses one
- Oracle also does physical therapy – this is an important part of treatment for people with spine injuries like hers. Physical therapy helps to strengthen someone’s core, leg and arm muscles (the type of strengthening is different depending on what the person is needing to make stronger).
- Oracle is a very independent person. She does not let her disability hold her back.

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[Captain Marvel Jr.](#)

**Information**

**Real Name:** Freddy Freeman

**Disability:** Captain Marvel Jr. has a weakness in his leg and uses crutches

**Superpowers:** Captain Marvel Jr. can transform into a magical superhero with many powers by saying the word “shazam!”

**Skills:** Captain Marvel Jr. is great at making friends and welcoming new foster kids to his home. He is also really funny.

**Origin Story:** When he was younger, he fell in a lake and permanently injured his leg. He got his superpowers from the hero Shazam (who is his foster brother Billy).

**Allies:** Shazam, Mary Marvel, Tawny Tiger

**Villains:** Black Adam, Dr Sivana, Mr Mind

**Fun Facts:**

- Captain Marvel Jr. loves superheroes!
- He is a huge fan of Lois Lane
- Elvis Presley loved him and even based his outfits on him!

**How does this character teach people about this condition?**

- Captain Marvel Jr. uses crutches to walk. Crutches are a type of mobility aid – items that people use to make standing and walking easier for them. There are lots of different types of mobility aids, and people use them in lots of different ways.

- Captain Marvel Jr. has a great support system – his foster parents and foster siblings are all very supportive of him. This is super important for everyone to have, but it is especially important for people with disabilities!
- Captain Marvel Jr. does not let his disability hold him back from doing the things he wants to do.

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## Jubilee

### **Information**

Real Name: Jubilation “Jubilee” Lee

Disability: Jubilee has a condition called dyscalculia, meaning she struggles with numbers

Superpowers: Jubilee can create and control bright energy sparks like fireworks.

Skills: Jubilee is amazing at gymnastics and roller-skating.

Origin Story: When she was younger, Jubilee was sent to an orphanage, but she ran away and lived in a shopping mall performing her firework displays. The X-Men found her and took her in.

Allies: Wolverine, Professor X, Emma Frost, X-23, Shogo

Villains: Bastion, Xarus, Hunter Brawn

### **Fun Facts:**

- Jubilee tried out being an actress
- She was a vampire for a little while
- She has been the leader of her own team, Generation X

### **How does this character teach people about this condition?**

- Not everyone has heard of dyscalculia, the condition that Jubilee has. When a popular character has a condition that some people haven’t heard of, many people will go on to learn new things about this condition. Also, people who have this condition will be able to see someone just like them. This is called representation, and it is important for both people with and without the condition!
- Jubilee struggles with school and numbers, but it doesn’t hold her back. She is an important member of the X-Men and even sometimes teaches at their school.

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## Winter Soldier

### **Information**

Real Name: James Buchanan “Bucky” Barnes

Disability: Winter Soldier has a prosthetic arm

Superpowers: Winter Soldier has a super-soldier serum, which makes him a stronger fighter and lets him live longer.

Skills: Winter Soldier is a skilled fighter and spy. He also has super strength.

Origin Story: Winter Soldier fought with Captain America in WWII, and was found by HYDRA agents who trained him to be the evil Winter Soldier. The Avengers rescued him and made him a hero again.

Allies: Captain America, Falcon, Black Widow, Nick Fury, Hawkeye

Villains: Red Skull, Baron Zemo

**Fun Facts:**

- Winter Soldier can speak 7 languages
- He has a sister called Rebecca
- He filled in as Captain America for a while

**How does this character teach people about this condition?**

- Winter Soldier needs to take good care of his arm and his prosthetic. People who are amputees (meaning they are missing part or all of one of their limbs) have to look after their limbs and prosthetics very carefully to keep them healthy and in good condition.
- It took a long time for Winter Soldier's injury to properly heal. Healing after accidents or surgeries is not easy and can take time – it is important to allow your body to get better!
- Winter Soldier has had his prosthetic arm upgraded a few times, and it took him a while to get used to having one. Having a prosthetic is a big change and it can sometimes take time to feel comfortable with having one. It is important to take time to adjust.

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Orphan

**Information**

Real Name: Cassandra Cain

Disability: Orphan cannot speak very much

Superpowers: Orphan does not have any superpowers, though she is able to read people's body language really well.

Skills: Orphan is a skilled martial artist. She can guess what moves her enemies will make since she can read body language.

Origin Story: Orphan's father trained her away from other people so that she would learn to communicate through movement instead of speech.

Allies: Batman, Barbara Gordon, Spoiler, The Signal, Tim Drake, Alfred Pennyworth

Villains: Lady Shiva, David Cain

**Fun Facts:**

- Orphan loves ballet dancing
- She was Batgirl for a little while
- Her favourite ice cream flavour is chocolate!

**How does this character teach people about this condition?**

- Since Orphan did not learn to speak when she was young, she prefers not to speak out loud. When she does, she speaks slowly and with less words. She communicates in other ways

instead. This is called being non-verbal – there are many reasons why someone might be non-verbal, and non-verbal people can still communicate!

- Orphan also struggles with reading and writing. This is called dyslexia, and it means she takes a little longer with learning to read.

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## Doctor Strange

### **Information**

Real Name: Stephen Strange

Disability: Doctor Strange has nerve damage that means his hands shake

Superpowers: Doctor Strange is the Sorcerer Supreme and can use magic.

Skills: Doctor Strange is a genius – he was a top brain surgeon.

Origin Story: Doctor Strange was in a bad car accident which caused damage to the nerves in his hands. They became shaky so he had to stop being a brain surgeon. He discovered magic through the Ancient One, a powerful sorcerer, who trained him in the mystic arts. He now protects New York.

Allies: Ancient One, Wong, Spider-Man, Clea, Namor

Villains: Dormammu, Baron Mordo

### **Fun Facts:**

- Doctor Strange has magic vision that lets him see invisible creatures
- He has a pet ghost dog called Bats
- He can combine with other heroes!

### **How does this character teach people about this condition?**

- After Doctor Strange had his accident, he needed physical therapy. This is an important part of treatment for people who have had injuries like Doctor Strange's – it helps to strengthen his hands. He has to do hand exercises often to keep his hands strong.
- Doctor Strange is one of the best sorcerers in the world. Even though he had to switch his career to something else, he is very good at what he does now and is not held back!
- Doctor Strange does a lot of reading and meditation. These help him to cope with his condition. Coping mechanisms are important for everyone and can be really helpful for people with disabilities to help them manage some of their challenges.

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## Professor X

### **Information**

Real Name: Charles Xavier

Disability: Professor X has paralysed legs, so he needs to use a wheelchair

Superpowers: Professor X is telepathic. He can read minds and project his thoughts into other's minds, amongst other things.



**Skills:** Professor X is a genius and a well respected scientist. He has built a lot of equipment to make his powers stronger.

**Origin Story:** Professor X's powers began to show when he was a young boy. He decided to set up a school for others like him, where the X-Men are trained.

**Allies:** Cyclops, Jean Grey, Storm, Wolverine, Emma Frost

**Villains:** Magneto, Juggernaut

**Fun Facts:**

- Professor X loves to read
- He enjoys Japanese green tea
- He founded the X-Men and was their leader, and the school's headteacher

**How does this character teach people about this condition?**

- Professor X doesn't let his disability get in the way of doing what he wants to do – he has been very successful with his education, his school and his team.
- Professor X's school provides a safe space for all of the X-Men to live and work together. Many of the X-Men have disabilities, and all of them have superpowers that make them different. Professor X created a community of people who have had similar experiences in life – having a community who understand the challenges you have faced is very valuable for people with disabilities.

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Echo

**Information**

**Real Name:** Maya Lopez

**Disability:** Echo is Deaf

**Superpowers:** Echo does not have any superpowers, though she can perfectly copy any movement or action that she sees.

**Skills:** Echo is skilled in martial arts, acrobatics and archery.

**Origin Story:** After Echo's father died she was taken in by Kingpin. He tried to use her in a plot to hurt Daredevil, but when she realised she had been lied to she turned against him. Afterwards, she went on a Vision Quest to make peace with her past.

**Allies:** Daredevil, Wolverine, Luke Cage, Jessica Jones, Doctor Strange, Hawkeye

**Villains:** Kingpin, Count Nefaria

**Fun Facts:**

- Echo can speak multiple languages
- She is great at the piano and at ballet
- She has used the secret identity of Ronin before

**How does this character teach people about this condition?**

- Echo uses lip-reading to communicate. Lip-reading is a technique commonly used by people with hearing problems as they can understand what someone is saying based on the way

their mouth moves. Fellow heroes often remove their masks to accommodate Echo in a conversation.

- Echo, like many people with hearing issues, relies greatly on sight, therefore she struggles with darkness or an inability to see. This helps raise awareness about this problem and how to help people with hearing issues with it.

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## Iron Man

### **Information**

Real Name: Tony Stark

Disability: Iron Man has a heart condition

Superpowers: Iron Man doesn't have any superpowers, but his suit gives him the power to fly and shoot energy blasts.

Skills: Iron Man is a genius and is a great scientist and engineer.

Origin Story: Iron Man created new technologies, which he found out were being used for evil. He decided to use this tech to fight evil instead and became a hero.

Allies: Pepper Potts, War Machine, JARVIS, Captain America, Thor

Villains: The Mandarin, Obadiah Stane, Ghost, Doctor Doom

### **Fun Facts:**

- Iron Man was once head of S.H.I.E.L.D.
- He has made hundreds of armours
- He used to have a suit that had jet-powered rollerblades!

### **How does this character teach people about this condition?**

- Iron Man uses a special device called an Arc Reactor to keep his heart working well. Arc Reactors aren't real, but there are lots of devices that people with heart conditions may have to keep their hearts working, such as pacemakers or replacement valves.
- If his Arc Reactor isn't working well, Iron Man will get symptoms such as shortness of breath and chest pain. These are important warning signs to remember and look out for in people with heart conditions, as it means they should get medical help quickly.
- Iron Man needs to make sure his Arc Reactor is in good condition – people who have devices to help with their hearts may need to get them replaced every so often.

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## Jericho

### **Information**

Real Name: Joseph Wilson

Disability: Jericho is mute – he cannot speak

Superpowers: Jericho can possess people if he makes direct eye contact – this means he can take over their bodies

Skills: Jericho is good at gymnastics and martial arts. He is a skilled fighter. He is also a good spy.

Origin Story: When he was younger, Jericho lost his ability to speak in an attack by The Jackal. He discovered his superpower as a teenager and joined the Teen Titans.

Allies: Nightwing, Donna Troy, Ravager, Beast Boy, Raven

Villains: The Jackal, Deathstroke, Trigon

#### **Fun Facts:**

- Jericho is a talented musician
- He knows how to fly helicopters!
- He is very artistic and enjoys painting, dancing and poetry

#### **How does this character teach people about this condition?**

- Jericho often communicates through sign language. Sign language is used by lots of people, including those who are deaf or hard of hearing, and those who are mute or nonverbal.
- Jericho can still communicate despite not being able to use his voice – he just communicates in other ways. He is often a member of teams and he has no trouble working with others despite his disability.
- Jericho likes to take leadership roles, and does not let his disability hold him back.

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## Storm

### **Information**

Real Name: Ororo Munroe

Disability: Storm has claustrophobia - this means she gets very anxious and panics if she is stuck in a small or tight space

Superpowers: Storm is able to control the weather, such as lightning and wind.

Skills: Storm is skilled at public speaking and convincing others. She is also very talented at leading teams.

Origin Story: Storm grew up in Cairo until Professor X recruited her to join the X-Men and attend his school, where she eventually became headteacher.

Allies: Black Panther, Jean Grey, Beast, Wolverine, Colossus, Shuri

Villains: Magneto, Mister Sinister

#### **Fun Facts:**

- She has been married to Black Panther
- Storm's name, Ororo, means "beauty"
- Storm has joined the X-Men, the Avengers and the Fantastic Four!

#### **How does this character teach people about this condition?**

- When Storm is in tight spaces, she often uses breathing exercises and some types of meditation to calm herself. These coping methods are very important for people with mental health conditions, as they can help their recovery and wellbeing.

- Storm also has a very strong support network of friends and family, who understand her needs and work to make sure she is taken care of and okay. Support networks are super important as they mean there is always someone to rely on or turn to during times of stress or upset.

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## Green Lantern

### **Information**

Real Name: Jessica Cruz

Disability: Green Lantern has general and social anxiety

Superpowers: Green Lantern has a “power ring” which lets her create objects out of green light, create a forcefield that lets her fly, and shoot powerful beams.

Skills: Green Lantern is very clever and imaginative.

Origin Story: After her friends died, she didn’t leave her house because she was frightened. The Justice League helped her to overcome her fears and she got a Green Lantern ring for her bravery.

Allies: Simon Baz, Batman, The Flash

Villains: Darkseid, Volthoom, Atrocitus

### **Fun Facts:**

- Green Lantern loves nature
- She really likes football
- She helped found a superhero team called the Justice League Odyssey

### **How does this character teach people about this condition?**

- Jessica has social anxiety, meaning she has difficulty interacting with others. She also has a type of anxiety called agoraphobia, which meant she was scared to leave her home. However, through her friends and teammates she is gradually overcoming her fears. This shows how important support from your friends is for people with mental illnesses.
- Jessica has also had some relapses (times where her condition gets worse). This shows that healing can sometimes be difficult, but she always manages to pull through, and continues to make progress every day.

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