



**VOYPIC**  
VOICE OF  
YOUNG PEOPLE  
IN CARE

# Kindness & Superpowers Our VOYPIC Storybook

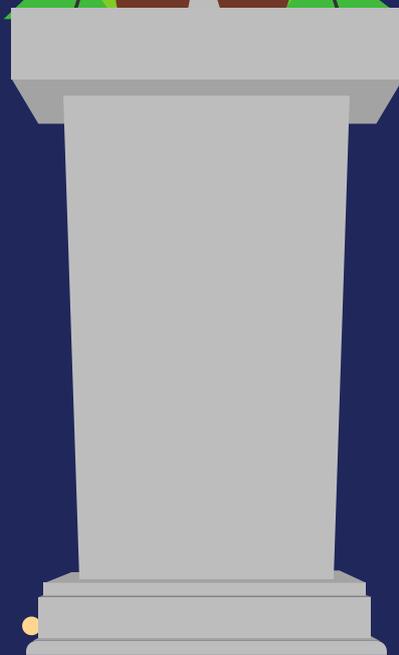
Created by the children & Still I Rise  
Diversity Storytelling

***'Our group met on zoom every week for 12 weeks. We are all under 12 years old, and live in Northern Ireland. We enjoyed hearing all the wonderful stories in the children's books, read to us by the super talented Anna and Orla from Still I Rise, and a few guest readers. The stories were about lots of different things, like kindness, our feelings, the colour of our skins, welcoming everyone, where we live, our different types of families, being eco warriors and much more. In the group we were able to give our ideas for a new story for other children. We talked about the plot and the characters, helping to create our very own story book. We wanted a child to be the superhero of the book- we think you will agree, all children who have an experience of care have super hero powers, they are resilient and full of potential. We hope you enjoy our book and please share it with others.'***

**Nicole, Joseph, Georgia, Malachi, Keyden,  
Casey Lee, Emeleia & Patricia**

**My name is Maya.**

**Granny says I am named after  
Maya Angelou, who was a strong  
woman, who used her  
superpowers to make change.**



**Granny says my superpowers are  
that I am funny, kind and caring.**

**I can lift someone's  
mood without even  
saying a word!**

**Come with me and see how I use my  
magic talents all day long! And meet  
some of my friends and find out  
about their superpowers too.**



I'm thinking that today I want to use  
my superpowers to remind the  
grown-ups how to have fun.  
Yesterday it seemed like a  
few of the grown-ups had forgotten.



I wonder what your superpower is?

**I open my eyes tucked up in a bungalow  
where I live with my Granny.**

**Granny always wakes me up with squeezey  
cuddles and my morning**

**AFFIRMATION**

***\*(an affirmation is a nice thing you tell yourself about who  
you are or who you want to be).***

**Granny changes them everyday. Todays  
affirmation is;**

***I am loved, I spread kindness and I can do hard  
things!***

**The first thing I do is to say 'good morning' to Coco Bunny Rabbit and give her 5 carrot sticks!**



**My bunny Coco is named after Coco Chanel who turned her name into an iconic fashion brand and made real change! Coco grew up in care.**



**"I am loved, I spread kindness  
and  
I can do hard things!"**

**Today for breakfast I am having  
pancakes and lemon (lemon makes  
me do a funny face but I love it).**

**Then it's time to get dressed and  
ready for the school bus!**



**When I get on the bus I notice that  
our bus driver, Katie, is looking a  
little bored.**

**"I am loved, I spread kindness and I  
can do hard things!"**

**I think!**

**I grin so big you can see most of my  
teeth. Katie smiles back and says  
"Good Morning!"**





How many sweets can you spot on the page?



**When I get to school I see Miss O'Connor. She taught me last year when I was in P4.**



**Miss O'Connor was lovely and gave us sweets on Fridays, but she always used to say, "Give this note to mum and dad at home".**

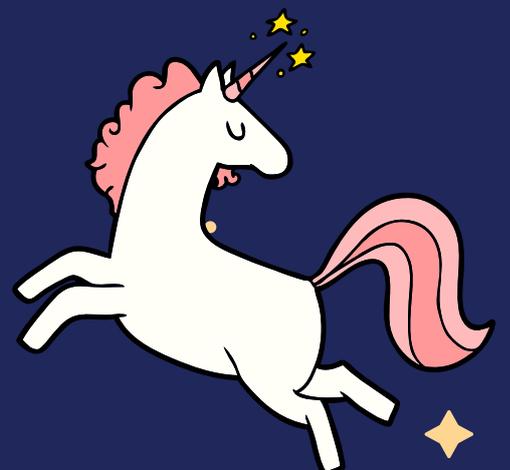
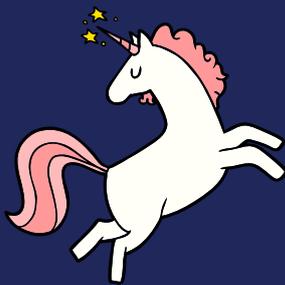


**That made me feel funny - my Mum and Dad don't live in my house. Miss O'Connor must have been confused.**

**Now I am in P5 and in Mr Fernandes class. When he is giving out notes he always says, "Give this to the grown ups at home".**

**I think its nicer to say grown ups, it means no one has to feel left out. Unless they don't have grown ups at home?**

**I wonder if anyone has Unicorns for grown ups.... or maybe the Easter Bunny could look after a child - that might be fun.**



**I think about how most people in my class have different situations at home.**

**Granny says in the olden days the picture books had only one type of family, with a mum and a dad. and a little girl and a little boy, and a cat and a dog.**





**Now there are lots of picture books with different families, I always get excited when I can see one that looks like mine. I haven't found one with a bunny called Coco just yet, but I'm sure I will one day.**

**Or maybe when I am older I will write a picture book all by myself!**



**Everyone in my class has a different family!**

**I look around  
and I can see Frank.**

**Frank lives with his Dad on the weekends, and with his Mum, Stepdad and 2 step sisters during the week. Frank's superpower is he brilliant at helping people!**



**Aoife lives with her Aunty Elisha,  
her Uncle Tom and their 3 big  
dogs. Aoife's superpower is she  
knows every dinosaurs name and  
can spell them!**



**Lena lives in a big house with 3 other children, they have a big climbing frame in the garden and a pet fish called Sparkle!**



**Lena's grown ups are the people who look after all the children in the house, they make sure everyone is happy and safe. Lena says the grown ups are super lovely and they do lots of fun stuff together like pizza nights, bike rides and come to watch her at sports day.**



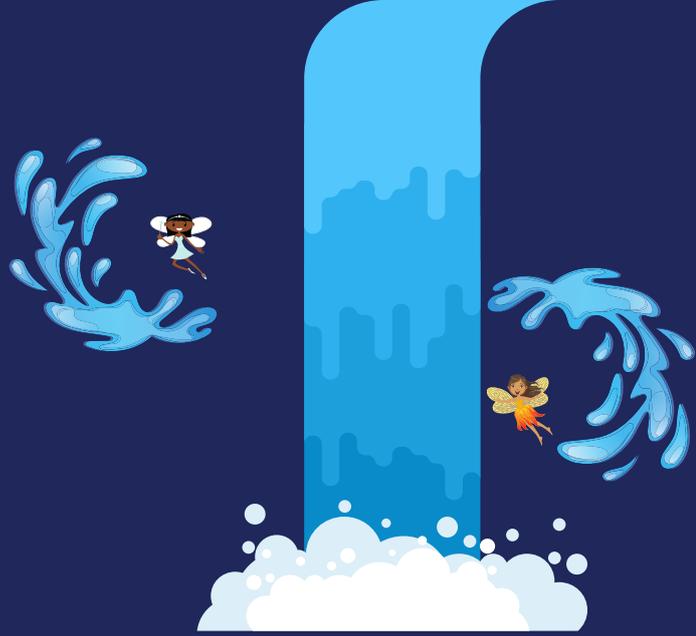
**Lena's superpower is that she is strong and can run really fast!**

**Ben lives with his 2 mummies  
and his baby sister. Ben's  
superpower is he can say the  
alphabet backwards!**

w  
z x



**How many fairies can you spot  
on the page?**



**Sona lives with her grandparents  
and goes to see Francis one  
weekend each month. Sona says  
Francis lives near a waterfall and if  
the weather is nice they go for  
adventures in search of fairies!**



**Sona's superpower is her  
imagination, playing games with  
Sona is always really fun.**



**Luke lives with his Mum, Dad, 3 sisters and 4 brothers.**

**Luke's supowerpower is his ability to make shy people feel comfortable. Everytime we have someone new in class, or someone is feeling alone on the playground, Luke plays with them and is great at listening.**



**Mohammed lives with his Granny  
like I do.**

**Mohammed's superpower is his  
patience and determination. He  
always likes to see projects to the  
end and will work hard at figuring  
out the hard things.**



**Cara is lives with her foster family,  
Sally and Rob, and another child  
called Rylie . He's almost 2 years old,  
and last week Cara helped teach  
him how to walk.**

**That could be her superpower- being  
a great teacher!**



**It's time for lunch. When I get to the dinner hall Christina, the dinner lady, is looking stressed. The delivery person brought pears instead of pineapples, and her upside down cake is all confused.**

**I tell her its scrummy and she smiles!**

**I am loved, I spread kindness and I can do hard things!**



**After lunch we get to move seats  
and do maths in group work.**

**I sit beside Halah. She lives with her  
Dad, Stepmum, and half sister.**



Halah looks sad and when I ask what's wrong she says she doesn't like maths and doesn't think she is very good at it.

A collage of handwritten mathematical formulas and diagrams on a dark blue background with star and plus symbols. The formulas include:

- $B \lim_{x \rightarrow 1} \frac{ctgx - 2}{2\sqrt{1-x^3}}$
- $\int (x \pm a)^c$
- $\sum = n - y$
- $\frac{A-C}{C}$
- $+y^2 = z$
- $S_3 = \begin{bmatrix} 1 & 0 & 0 \\ 1 & 0 & 1 \\ 0 & 0 & 1 \end{bmatrix}$
- $\phi = \sqrt{\frac{\sum (x-m)^2}{n-1}}$
- $S = \int_0^{\pi} 5t dt$
- $\pi \approx 3,1415$
- $\sin \alpha$  (with a sine wave diagram)
- $P = r^2 \pi$
- $(x+y)^2 = (\frac{y}{2})^2$
- $\frac{\Delta x}{\Delta y} = \lim_{\Delta y \rightarrow \infty} \frac{\Delta x + 2}{\Delta y - 1}$
- $y = \frac{\Delta x}{\Delta z}$  (with a right-angled triangle diagram)
- $\Delta t = T - \frac{3a}{x}$
- $8x = 4 - 3y^2$
- $(x-y^2)$
- $y = 2x^2 + 3x$  (with a parabola diagram)
- $(x+a)^2 = x^2 + 2ax + a^2$
- $f_x = \frac{\sqrt{x+a^2}}{x}$
- $\ln \frac{1}{x} = \frac{b \pm (a-c)}{\sqrt{2a}}$
- $e = 2,79$
- $e = \cos x + \tan y$
- $\tan(2a) = \frac{2 \tan(a)}{1 - \tan^2(a)}$
- $P = \sum_{i=0}^{\infty} X_i^a$
- $y = \frac{\Delta x}{\Delta z}$
- $\ln = \sqrt{axb}$
- $\sum_{n=0}^{\infty} \frac{x^n}{n!}$
- $(x+y)^2 = b$
- $\sin \alpha = b$
- $a^2 + b^2 = c^2$  (with a right-angled triangle diagram)

**I tell her about Granny, our morning routines and our affirmations. I tell her today's affirmation is;**

**"I am loved, I spread kindness and I can do hard things! "**

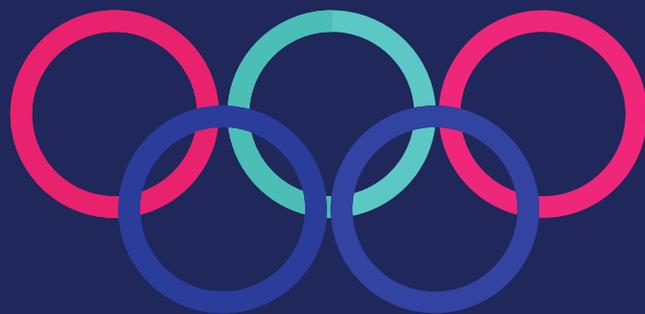
**I tell her she can do the hard things, and we work out the sums together.**

**Halah smiles. Halah's superpower is that she is able to say how she feels. She uses her words to explain her thoughts super-duper well!**



**At the end of the day, Mr Fernandes gives us a note for 'the grown ups at home'. It's for a block of gymnastics classes that we get to start next month.**

**“*Did you know Simone Biles is an American Olympic Gymnast and her team won a gold medal in 2016. Simone grew up with her grandparents.*”**



**After school I get on the bus home. Bus driver Katie is still smiling and gives me a big smile when I get on, showing as many teeth as she can.**

**It makes me giggle.**



**When I get home I take Coco out to the garden. She jumps about and I imagine she is jumping over invisible Easter eggs. Some are little ones and she does little jumps. Some are massive ones and she has to leap through the air!**



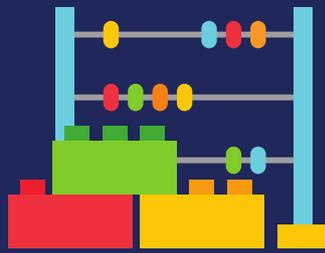
**Before dinner Jaan comes to visit me. He likes to make sure I am happy. We play games and before he leaves he asks me what my affirmation for day was.**

**I tell him**

**"I am loved, I spread kindness and I can do hard things! "**

**He smiles at Granny and says that he and his husband have just adopted their daughter, and they have started the affirmations too.**

**Granny looks so proud.**



**Just before bed, Granny and I drink hot chocolate and watch an old movie called 'Daddy Day Care'. The main actor is a funny guy called Eddie Murphy.**

**Coco gets to jump around the living room when we watch TV.**

“

**Did you know Eddie Murphy has been in 71 movies and has got 43 awards for his acting! He lived with foster carers for one year when he was 8 years old.**

”

**After I brush my teeth Granny brings  
Coco upstairs. She gets cuddles at  
bedtime, but granny says she can't  
sleep in my bed cause she would  
poop on the pillow!**

**As Granny is tucking me in to bed,  
she asks me what my afirmation for  
the day was.**

**I tell her**

**"I am loved, I spread kindness  
and I can do hard things! "**

**She then asks how it helped.**



**I tell her all about:**

**Making bus drive Katie smile.** ✨

**Telling dinner lady Christina that her  
pear upside down cake was just as  
good as pineapple upside down  
cake.**

✨ **And about reminding Hala that she  
can do hard things when it came to  
maths.**

✨



**Granny tells me she is proud of me and that before I lived with her, her days were never as fun. ✨**

**We pick a storybook from the shelf.**

**It's called The Great Big Book of Families, and it's my favourite. It's filled with all kinds of families and homes and food and beliefs. In one of the pictures there is a lighthouse - I wonder if Coco would like to live in a lighthouse. There would be so many stairs to jump up and down! ✨**



**After the storybook I get a kiss  
goodnight, and I wonder what  
tomorrow's affirmation might be.**

**I then have dreams of the mischief  
me and Coco would get up to in a  
lighthouse.**



VOYPIC is the charity for children and young people with lived experience of care in Northern Ireland. Created in 1993 by a group of young people in care and the professionals that supported them, VOYPIC has almost 30 years of experience promoting the rights and voice of children in care and care leavers.

We want every child to have a safe, stable and positive experience of care, and to be involved in the decisions about their life. We support young people through three main areas of work; Advocacy, Participation, and Influencing Change.

## Your Rights

There are lots of reasons why children and young people come into care; no one story is the same, and each person's experience in care is different too.

## Your Voice

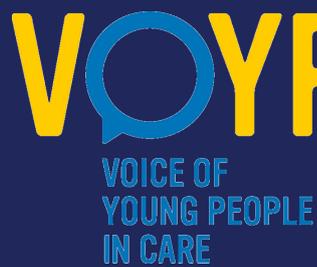
We're always working on ways to ensure that the voice of young people in care is heard loud and clear!

## Your Place

Everything we do is focused on you and your needs as a young person in care. Our work can be divided into three key areas- Advocacy, Participation and Influencing Change.

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[www.voypic.org](http://www.voypic.org)



**Earlier this year VOYPIC teamed up with local organisation Still I Rise to create a children's book as a social action project.**

**Social action is about children and young people coming together to help improve their lives, their communities or their environment. Social action gives young people the opportunities to explore their interests/hobbies and develop their skills. These types of projects help young people develop a level of social awareness, a sense of belonging and will also strengthen their social bonds within their community. This community may be their care community or their wider community.**

**Social action can play a vital role in shaping the lives of the young people we work with. These projects can build confidence and empathy and develop skills such as problem solving, interpersonal skills, networking and resilience.**

Supported by

