

Superheroes!

Have you ever fancied being a superhero? Well, now's your chance! These activities will be themed around all things 'Superhero'! You can choose to complete the activities in the order given, your own order or just complete the ones you fancy. The main aim is just to have fun!!!

Introduction - What is a Superhero?

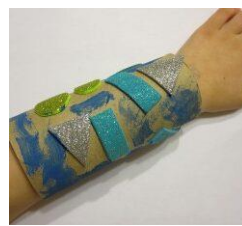
A superhero is a fictional character who protects innocent people and fights for good. Modern superheroes usually have superhuman powers, for example have better senses, are stronger and faster than normal humans. Usually a superhero is courageous and noble. They usually have a colourful name and costume.

(Taken from: <https://kids.kiddle.co/Superhero>)

You might want to watch this cartoon about 'Superheroes & Superpowers'
<https://www.youtube.com/watch?v=I4Wv3J2trMs>

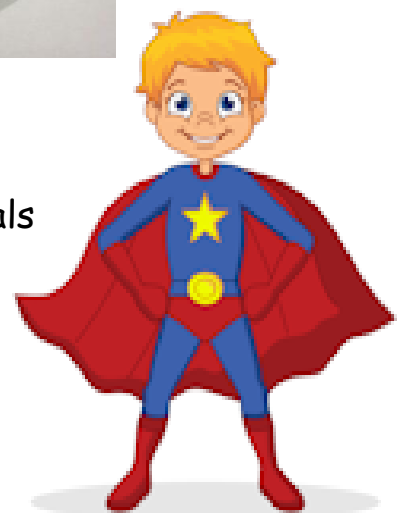
Activity 1 - Make Yourself into a Superhero

The first thing you need to do is decide who you are going to be. What will your superhero name be? What special powers will you have? What will your costume look like? Now, make yourself into your superhero self. Design a mask to wear and draw or make your costume (hint: bedsheets, towels and tinfoil can be used to make a simple cape).



- Superhero 1 - Design a Superhero
- Superhero 2 - Mask Template

You could also use a cardboard tube or junk materials to make a model version of your superhero self.



Activity 2 - Train for Action

Superheroes keep their skills sharp by training. Undertake some training of your own to improve your superpowers. Start with a warm-up to the action song 'Let's Be Superheroes'.

<https://www.youtube.com/watch?v=Py4fhsx3Ct4>

Then set up your own training course or complete the training card tasks.

- Superhero 3 - Training Cards

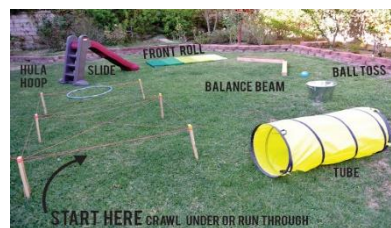
Superhero Action Training

Directions: Perform each action. Check off when complete. Circle all the action verbs.

<input type="checkbox"/> balance on one foot for 10 seconds	<input type="checkbox"/> bend and touch your toes 10x
<input type="checkbox"/> crawl forward for 10 feet	<input type="checkbox"/> curl your body up and hold for 10 seconds
<input type="checkbox"/> gallop for 10 steps	<input type="checkbox"/> hop on one foot 10x
<input type="checkbox"/> jump in place 10x	<input type="checkbox"/> kneel up tall for 10 seconds
<input type="checkbox"/> leap forward 10x	<input type="checkbox"/> roll in a straight line for 10 feet
<input type="checkbox"/> run in place for 10 seconds	<input type="checkbox"/> sit and then stand up 10x
<input type="checkbox"/> skip forward 10x	<input type="checkbox"/> slide to the right 10x slide to the left 10x
<input type="checkbox"/> stomp your feet in place 10x	<input type="checkbox"/> straighten your body and hold for 10 seconds
<input type="checkbox"/> stretch your legs for 10 seconds	<input type="checkbox"/> twist your body to the right and left 10x
<input type="checkbox"/> walk backwards for 10 steps	<input type="checkbox"/> wiggle your body for 10 seconds

Go to www.YourTherapySource.com/superhero for the complete download

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Activity 3 - Secret Lair

Every superhero needs a secret hideout. Find a suitable spot in your house or garden then use lots of different items to make it into your own superhero den.



Activity 4 - Call Sign

When someone needs help, they need to be able to reach you. Design and make your own call signal so that you will know when people need you. Have fun experimenting with light and shadow as you try it out in your secret lair or another darkened area of your house.



- Superhero 4 - Call Signal

(You may want to make this signal into a symbol for your costume too).

Activity 5 - Vehicles and Gadgets

Superheroes often have cool vehicles to help them get around quickly or cool gadgets to help enhance their powers. Have fun designing and making your own vehicle and/or gadget. You can use building materials you already have (e.g. Lego) or you can use junk or craft materials.



Activity 6 - Supervillain Wanted Poster

Superheroes normally always know one person who always causes them a lot of trouble - the supervillain of their story! Who will your supervillain be? What will they look like? What will they do? Design a 'wanted poster' to show your supervillain and help in the fight to find them.



It has got a dinosaur foot, a tiger's foot,
octopus arm, a snake's wing, its arms
a giraffe's neck, a lion's tail and
a leopard's ring.

It eats meat and fish, it usually
scratches itself against a tree.
When you see it, please phone at the
number 310 00 00 00.

- Superhero 5 - Wanted Supervillain Poster

(You could try making them into a stick puppet too).

Activity 7 - Ice Rescue Mission

Your supervillain has trapped someone in 'ice'. Your job is to rescue them as quickly as you can! How can you make the ice melt quickly? Complete the experiment by trying different ways to make the ice melt. Which is the quickest/easiest/safest? (Hint: you may want to freeze a few people in advance to try different methods of releasing them).



- Superhero 6 - Ice Rescue Mission



Activity 8 - Superhero Pose

People love to see pictures of their favourite superhero in action. Design a backdrop with materials from around your house, paper or a cardboard box or even chalk (like we did before in art) and strike your best superhero pose for someone to take a picture of.



Activity 9 - Superhero Movie

Superhero stories make great movies so now it's time for you to make your own. Plan it out in advance so you know what you want to happen in your movie. Where will you film your movie? (e.g. in the garden). Will you have a secret disguise before you turn into your superhero self? (e.g. a pair of glasses). How will you know someone needs your help? (e.g. use your call sign). What will you do? (e.g. rescue a cuddly toy from a tree). Will there be anyone else in your movie? (e.g. your supervillain, a sidekick or a superhero friend). How will it end? (e.g. you are the hero!). Will it start and/or end with a theme song or special superhero moves as the opening/closing credits?



- Superhero 7 - Adventure Movie Instructions

Activity 10 - Supertato Story

Need a break from being a superhero or fancy making a new superhero friend? Why not watch the story of 'Supertato' then make your own vegetable superhero.



<https://www.youtube.com/watch?v=rze89HB9u8g>

Additional Activities - Superhero Extras

Lots of superheroes have their very own special friend or sidekick - why not use Play-doh or craft materials to make your very own sidekick?



Fathers' Day is coming up soon (21st June) - why not make a card to give to your very own 'Superdad'?

- Superhero 8 - Superdad Card



Many superheroes started as characters in comic books - why not create your own comic book story for your superhero self?

- Superhero 9 - Comic Book



Even superheroes need to eat - why not make and decorate some gingerbread superheroes?

- Superhero 10 - Gingerbread Heroes



Superheroes often need to find their way out of tricky situations - why not have see if you can complete the maze challenges or make up your own real-life maze to get through?

- Superhero 11 - Maze Challenge



Even superheroes need some time to relax - why not complete some mindfulness superhero colouring to help you chill?

- Superhero 12 - Super Colouring



We hope you have lots of superhero fun and we can't wait to see what you get up to. Don't forget to share your superhero adventures and photos with us on Seesaw!!!

