



# SUPERHEROES



Our school theme this week is SUPERHEROES! We think you are going to love this one. Please remember, Miss Hewit, Ms Gavin, Mrs Kean and Mrs Doolan would absolutely love to see photos/videos of tasks children have been doing at home. Please send them to:

[wblouradyoflourdes-ps@westlothian.org.uk](mailto:wblouradyoflourdes-ps@westlothian.org.uk) ....have fun!

<p style="text-align: center;"><b><u>INVENT</u></b></p> <p>Invent your own superhero! What would their costume look like? What would their special powers be? What planet or city would they come from? Be as original as possible!</p>	<p style="text-align: center;"><b><u>BUILD</u></b></p> <p>Make a vehicle for a superhero out of junk materials or Lego. Remember to give it special features. E.g. the Batmobile had gadgets, weapons and super-speed.</p>
<p style="text-align: center;"><b><u>DESIGN</u></b></p> <p>Design a wanted poster for a superhero villain. It can be a villain you have read about in a comic or watched in a movie, or one that you have made up yourself! Remember to include a clear picture of the villain and important information such as their name, what they wear and where they were last spotted.</p>	<p style="text-align: center;"><b><u>EXPERIMENT</u></b></p> <p>Try one of the following science experiments:</p> <ul style="list-style-type: none"> <li>• Super Cola Fountain</li> <li>• Flying Superheroes</li> <li>• Magnetic Superhero Scene</li> <li>• Supersize Marshmallow</li> </ul> <p>*Instructions attached</p>
<p style="text-align: center;"><b><u>WATCH</u></b></p> <p>Watch a superhero movie or cartoon with your family. Here are some suggestions: Batman, Spiderman, Superman, The Incredible Hulk, Iron Man, Avengers. You can also get a lot of old superhero cartoons on YouTube for free!</p>	<p style="text-align: center;"><b><u>CREATE</u></b></p> <p>Follow the instructions to create an eye-catching superhero city picture. You will need: PVA glue, newspaper, scissors, blue/black paint, paint brush, white paper and glitter (optional).</p> <p>*Instructions attached</p>
<p style="text-align: center;"><b><u>DISCUSS</u></b></p> <p>Recently; doctors, nurses, carers, supermarket workers and other people who do important jobs have been compared to 'superheroes' – why do you think this is? Is there anyone you know who you think is a real life superhero? Why? Discuss this with someone bigger in your house.</p>	<p style="text-align: center;"><b><u>WRITE</u></b></p> <p>Write your own superhero themed story. Why not make it into a comic strip so that you can illustrate each part of the story. Remember, it is important that you tell the story in the correct order.</p> <p>*See attached template</p>

<p><b><u>DRAW</u></b> Healthy Plate – Draw a healthy lunch on a plate.</p> 	<p><b><u>RELAX</u></b> Remember that sleep is very important. At bedtime, try to do something relaxing to help you get to sleep easily.</p>	<p><b><u>BUILD</u></b> With an adult use the link below to choose and make a snack or meal for your family. <a href="https://www.bbcgoodfood.com/recipes/collection/kids-cooking">https://www.bbcgoodfood.com/recipes/collection/kids-cooking</a></p>
<p><b><u>WRITE</u></b> Keep a simple diary with all of the fun health activities that you do over the week</p>	<p>Superheroes have to be healthy too.</p>	<p><b><u>LEARN</u></b> Ask an adult if they can share some of the games they used to play as a child e.g. hopscotch. Can you learn how to play it?</p>
<p><b><u>DISCUSS</u></b> Can you identify some special qualities you have and a family member has.</p>	<p><b><u>FUN</u></b> Move chairs and tables around with an adult and set up a fun obstacle course.</p>	<p><b><u>MAKE</u></b> Make a sound Map. Find a quiet space or zen den. Use a pen and paper to mark an X (yourself) Draw sounds you can barely hear far away from the X and small. Draw loud sounds you hear bigger.</p>
<p><b><u>MAKE</u></b> Make a healthy sandwich.</p> 		<p><b><u>RACE</u></b> Use table spoons and have an egg and spoon race. You could also try this working in teams, passing the egg to your team mate</p>
	<p>Use the link below where there are lots of fun activities for you to enjoy. <a href="https://imoves.com/the-ovement">https://imoves.com/the-ovement</a></p>	

