

SUPERHEROES

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SESSION 1

BECOMING A SUPERHERO

- What is a superhero? Paraphrased from Stan Lee: "In order to become a superhero, you need an exceptional power and you need to use that power to accomplish good deeds"
- [10 Superhero Powers to Teach Your Kid](#), especially::

Treat Others the Way You Want to Be Treated: The first rule of being a superhero is to be kind.

Everyone has a talent: Everyone is good at something, so find what you're good at and let it shine.

Be a Helper: Whenever a person is in trouble, lend a helping hand. If someone falls, help them up.

Keep Your Cool: You can't always control situations, but you can control your reactions. Be the superhero of your emotions.

Work together: Heroes are stronger together, so don't rush and work as a team.

Most of All, Believe in Yourself: It's the hardest part of being a hero, but you can do it. Believe in yourself, and you'll do great things!

- Use your child's name to **choose their superhero name** [from this ABC list](#)
- Help your child **choose their superpower**
- **Make a cape:** grab a parent's old t-shirt and [follow these easy steps on youtube](#) or put together simple material and ribbon [with this guide](#)
- **Face painting:** google some easy face painting tutorials
- **Superhero Training:** [Avengers Academy Training Series: Spiderman](#) or [this family workout](#)



SESSION 2

SUPERHEROES IN ACTION

- **Beanbag game board:** [using this as inspiration](#), get a cardboard box or simple large newspaper sheet. With your kids, cut holes then draw/paint as much or as little you want. Take a nerf gun, balls, bean bags or paper airplanes to try score in the holes.
- **'Save Me' Obstacle Course:** set up an obstacle course with a toy or sibling at the end. The child needs to race towards the toy/sibling and save them. Repeat.
- **Test your Spidey Web Shooting Skills:** Try get your hands on some silly string, or sticky hands toys and set up a web shooting station [similar to here](#)
- **Photobooth:** create a scene, pose on the ground and take a picture as though you are flying through the air [DIY as seen here](#) or [with home props here](#)
- Printable superhero **colouring pages**
- Play **Superhero Bingo** with this [free printable bingo pack](#)



SESSION 3

LOCAL SUPERHEROES (OR CORONA SUPERHEROES)

- Depending on your kids, you can be specific about corona or more general about 'local superheroes'. [Click here](#) if you want to add a corona learning element and [here for a 7-min video](#).
- Do we also have superheroes that we see everyday, on the street, in our homes, in other places around town? Go through some, then the kids can choose who they want to dress up as and do some free/guided imagination play or create a show as a local superheros, such as:
 - Medical professionals: doctors, nurses, ambulance
 - Teachers
 - Farmers
 - YOU: That is, sometimes mum and dad are superheroes, and sometimes kids are superheroes.
- **Community Helpers worksheets:** [this selection](#) thanks to [planningplaytime](#) or [60 pages of worksheets](#) or [these colouring sets](#)
- Write a thank you letter/drawing/email to a local superhero of your choice

SCREEN TIME

Whack on your kids fave superheroes show, such as:

- PJ Masks
- Miraculous Tales of Ladybug and Cat Noir
- Super WHY
- Krypto the Superdog
- Super Monsters