



DO YOU KNOW THAT EVERYONE HAS A SUPERPOWER - SOMETHING THAT THEY ARE REALLY GOOD AT? SOME SUPERPOWERS ARE INSIDE US AND SOME ARE ON THE OUTSIDE THAT EVERYONE CAN SEE. JO IS REALLY GOOD AT SPORT AND USING HER BODY TO DO THINGS LIKE HIDE AND CRAWL; RAJA IS A BRILLIANT ARTIST AND I'M A GREAT LISTENER.

**Activity 1:**

Can you make up a superhero name for yourself? Write your first superhero name here (you could shorten your own name or make up a new superhero name)

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Choose an adjective from the list below or think of your own and write it here

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Superhero adjectives		
astonishing	magnificent	superior
excellent	marvellous	supreme
fantastic	remarkable	wonderful
impressive	superb	wondrous
Jo <b><u>Awesome</u></b>	Raja <b><u>Extraordinary</u></b>	Sammy <b><u>Exceptional</u></b>

Now write your new superhero name below

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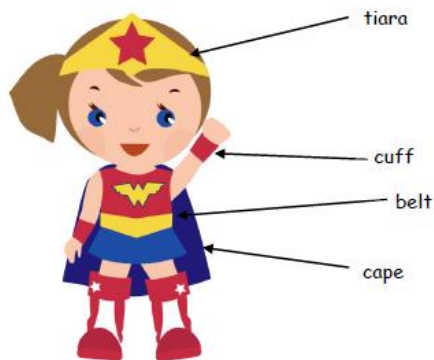
Now think about your superpower. What are you really good at? Read the ideas below to help you then write your superpower below

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Superpowers		
sport	playing games	giving hugs
art	general knowledge	making people laugh
music	science	being kind
singing	nature	looking after a pet
lego	cooking	helping
making things	eating fruit & veg	problem solving
taking photographs	caring for people	recycling

### Activity 2:

Did you know that most superheroes have capes and some have belts, cuffs and even crowns or hats?



They also have special symbols that decorate their clothing and show who they are. Here are some well-known symbols. Do you know whose symbols each of these are?



Use the space below to draw your superhero symbol. It could be the first letter of your name or a shape that shows what your superpower is.



Explain your symbol. What does the image you have chosen represent?

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Activity 3:

My superpower is art.  
Can you use your craft  
powers to make some



- Follow these instructions to find out how to make the cuffs

You will need:

- a loo roll
- pens, paint or something to decorate it
- a pair of scissors
- wool or thick thread



What you do (ask an adult to help you):

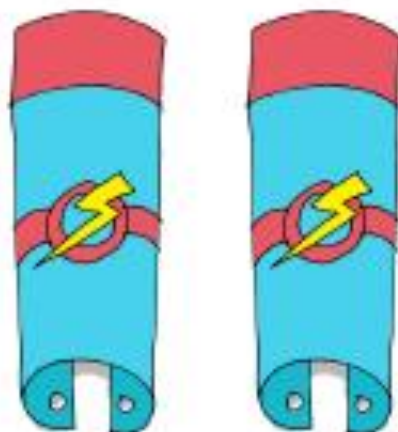
1. Cut the loo roll in half lengthways



2. Make 2, 3 or 4 holes in each side of the loo roll halves (you must ask an adult for help with making holes).



- Decorate your cuffs with your superhero symbol.



- Ask an adult to help you to put your thread or wool through the holes on your cuffs.



- Now put on your cuffs. You will need someone to help you to tie them on using the thread or wool.

