

BE A SUPERHERO

Welcome to Holiday Heroes!
 This week is **Superhero** week.
 Discover five fun activities below...
 How many can you complete over summer?

ACTIVITY 1

Paper chain of power!

We all have special superpowers: like kindness, creativity or curiosity! Make a colourful paper chain to decorate your bedroom. On each link of the chain, write about one of your personal strengths.

You will need: paper, glue or staples, pencils, sticky tack

ACTIVITY 2

Make a Stress Ball

Stress balls are so relaxing! Make your own by filling a balloon with flour, dried rice or beans, anything squishy. (Tip: you could use a sock instead, but don't put powder in this!)

You will need: Balloon, sock or similar; flour, cornflour, rice or beans for filling

ACTIVITY 3

Superhero Battle

List all the skills you think a superhero needs. Pick a superhero from a comic, book or film to battle against a friend's choice. Taking 5 skills from your list, explain why your hero is the best.

You will need: Pen, paper

ACTIVITY 4

Everyday Hero

Do you have someone at home, a teacher or another person who has done something to help you with life in lockdown? Write them a thank you note to share how they've made a difference to you.

You will need: Pen, paper

ACTIVITY 5

Heroic Pizza

Create your favourite superhero's mask as a pizza topping! Use toppings like peppers, mushrooms or pepperoni to create your colourful pizza face. Toast or pitta breads make great pizza bases too. Yum!

You will need: Pizza base, different toppings

Collect your credits!
 You can claim 1 credit for each activity you do. Log the activity on **Aspire** to unlock your credit!
www.cus-aspire.com
 (You can only log each activity once.)

FIND MORE **FREE** ACTIVITIES AT:
www.childrensuniversity.scot

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