

Week 2 (Superhero)

Craft Ideas:

Coloring Pages: <https://iheartcraftythings.com/superhero-coloring-pages.html>

Superhero Bingo:

Cardstock

Laminate the cardstock (Will have for every summer)

Use Expo Markers and wet paper towel to wipe in between games

Have a small prize (can be stamp even)

<https://www.firefliesandmudpies.com/wp-content/uploads/Superhero-Bingo.pdf>

Superhero Cuffs:

Toilet paper rolls

Markers

Glue

Scissors

String

Hole Punch

Extra construction paper



Superhero Sticks:

Popsicle Sticks
Construction paper
Markers
Scissors
Glue
Googly eyes



Super Hero Stress Balls:

Balloons
Rice
Foldable sandwich bags
Black Sharpies
Scissors



<https://www.redtedart.com/kids-crafts-balloon-juggling-ball-for-4th-july/>

Super Hero Masks:

Template
Paper
Markers / crayons
Glue
Popsicle stick or string to attach to mask
Tape

[https://www.messylittlemonster.com/2021/06/printable-superhero-mask-templates.](https://www.messylittlemonster.com/2021/06/printable-superhero-mask-templates.html)

[html](#)

Super Hero Pool Noodle Poppers:

Pool Noodles cut into 3 inches
12inch Balloons
Mini pom poms
Decorative duct tape

<https://thejoysofboys.com/pool-noodle-poppers/>

Build a Super Hero (I put them on popsicle sticks to use as a puppet):

Template
Coloring pencils / crayons
Glue
Popsicle sticks / tape
Scissors

<https://www.nurturedneurons.com/build-a-superhero-craft-free-printable/>

Paper Bag Super Hero:

Paper Bags
Construction paper
Markers / Paint
Googly Eyes
Scissors
Glue

<https://www.ourkidthings.com/paper-bag-superhero-craft/>

Super Hero Shield:

Paper Plates
Glue
Scissors
Tissue Paper
Markers

<https://nontoygifts.com/captain-america-paper-plate-shield-craft/>

Game Ideas / Event Ideas:

Ask kids what their SuperHero names would be and try to call them by that for the day. Get creative and make your own Character for the day or week.

Super Power Pile Up:

Help! All of our superheroes have lost their powers! Place six hula hoops around the outside of the play area. Students must run around the gym, collect their superpowers bean bags and return them to their base. Once a team has collected all of its superpowers, they can steal powers from other teams. The team with the most superpowers/balls at the end of a designated time is the winner!

Super Hero Revival:

Just like tag but if tagged, the player is drained of all of their powers and must go back to base to revive. In order to revive, the player must perform 10 burpees (mix it up for fun) to be allowed back into the game! Nobody is safe!

Nerf Gun or Bean bag throw at target

During rotations have a coach put on LAVA song and every must get to high ground to be safe

Each event can include strength training to be the next Super Hero, along with challenges. Who can hang the longest on bars? Who can get across the beam the fastest? Etc. (Remember kids don't like to

lose or always come in last so try to be encouraging and positive for all)