



SUPERHEROES CLUB LESSON PLAN



An eclectic club containing crafts, physical activity, art, games and service.
Aimed at kids kindergarten to third grade.

Lesson 1

Secret Identities and Super Hero Names

- For the lesson we talked about how in this club we would become superheroes. So, who they are at school would be their secret identity from now on. We also used this day to talk about respect and how even superheroes have to follow rules and show respect. We asked the kids what some rules should be and what would the consequence be for breaking them.
- We showed the kids the part of Disney's "The Incredibles" that has them in the interview talking about what they do through the part where the superheroes have to go into hiding and take on secret identities.
- We had each of them draw a picture of who they are and three of their favorite things. Then we went around and talked about what they had drawn and gave them a chance to talk in front of everyone.

Lesson 2

Color Day

- In this club we talked about color. What is our favorite color? What emotion is linked with this color? What color are some of our favorite superheroes? Why do you think they chose that color? What colors are associated with America? With nighttime? With Halloween? They eventually will get the point that Superheroes choose their costume colors carefully. They want to be linked with the scary, or with America, or with water, etc.
- Have the kids color a whole page their favorite color and have them talk about why it's their favorite. They wont pick just one usually so you get to ask if they like the colors together? Do they match?
- When you mix paint colors they

Lesson 3

Super Power and Super Names

We started our super power training this day. We wanted them to understand that it takes practice to get good or "super" at things. We also had them create their superhero name. We talked about how their names reflected what their superpowers were.



- We brought in a computer and a printer so that as the kids came up with their names we could print out that name in word art so they could color it in.
- You could have the kids get in a circle and get a ball going. Before they throw it to someone they have to say the super name of the kid they throw it to. Then you add another ball going until eventually the balls will be missed or collide or they get confused.
- At the start of every class we had them run to build up their super speed and do push ups and sit ups to build super strength.
- Run races to see who has super speed.
- Make fake dumbbells that look heavy.
- Super Hearing Game: You place everyone in a large circle. One kid sits blindfolded in the middle with a tissue box in front of them. You then point at a child to go and try to take the box and get back to the edge of the circle. Their goal is to be as quiet as possible because if the person in the middle points at them they have to go and sit back down. If they do make it back to the circle then they switch places with the person in the middle.

Lessons on Superheroes

You can pick any combination of the following

lessons to do

- **Spider-man**
Learn about Spiders and their body parts, make spider webs using silly string, have an eight legged race
- **Batman**
Teach some basics of Karate, Teach them about bats and talk to them about what animal scares them the most and how to deal with fear, attach magnets to string that they can use to collect metal items from across the room for their own high-tech gadget.
- **Mr. Fantastic** – Fantastic 4
Make the Gak recipe and explain how Mr. Fantastic is stretchy like the gak
- **Jonny Storm (The Human Torch)** – Fantastic 4
This super hero Lights on fire, you can talk about the chemical reactions with fire, what smoke is, why it consumes things, etc. Then you can show them how to build different kinds of fires and what each ones purpose is. You could also have a fire experiment where they see something on fire and note the changes.
- **Aquaman**
Teach kids more about the ocean, what lives in the ocean, ocean animals (Aquaman can communicate with animals), talk to them about what the ocean floor looks like, how dark it gets the deeper you go, if you have access to one you could take them swimming.
- **Thor**
Thor has the ability to throw lightning and has a magic hammer that returns to him after it is thrown. You can talk about Lightning and Thunder, explore electricity by setting up an example of a spark by building up static electricity. You could also talk about how boomerangs return to you and make boomerangs out of paint sticks.
- **Superman**
Superman is an alien from another planet who traveled here in a spaceship. Meteors that contained Kryptonite also found there way to Earth. Kryptonite takes away all of his power when he is around it. For Superman day you can make green rock candy (kryptonite). You can fill up time by helping the kids work out to build super speed and super strength.
- **X-men**
X-men are mutants who have variations in their Genetics that make it so that they can have different powers. Explain to the kids about DNA. Build DNA models with pretzels and marshmallows. Have a genetics game and count the number of people that have uncommon noticeable genetic differences like connected earlobes, tongue curling, double jointedness, etc.
- **Professor X or Jean Grey of the X-men**
These Superheroes have the power to read minds. Learn a couple Card tricks that you can teach the kids to do so they can read minds too.

Lesson 4

How people become Super

You could have a toxic sludge day and have the kids make a cornstarch quicksand recipe. You could give out radioactive spider pictures to color. You could talk about aliens, vigilantes and so on.

Lesson 5

Masks

On this day we did a craft where the kids decorated the plastic Zorro masks with the fun foam stickers and puff paints. They loved the glow in the dark stars we found.

Lesson 6

Capes!!

We made capes this day. For the kids to decorate their capes we got 1' square pieces of white fabric and provided stencils and sharpie markers for them to color in that square like their emblem. We took it all home and stitched what they had done to the back of their cape.

- Simplify how you make the capes because sewing thirty capes is daunting. We got $\frac{3}{4}$ of a yard of fabric for each kid (we made them decide what color their cape would be on the day we talked about color and then got more of what was popular for the kids that weren't there that day). We "hemmed" with Stitch Witchery (an iron on that will hold the pieces of fabric together) the long sides of the piece of material. Then we hemmed the last side. Then we pulled one side over and left enough space for the kids to thread the ribbon tie through.

Lesson 7

Costumes

We brought in blank T-shirts and sharpie markers again and challenged them to decorate the shirt so that it matched their super name. We also tried to make sure that they used the same color as their cape in there.

We brought pictures printed off the internet and blacked out the face with a smiley face sticker and asked what superhero it was. We pointed out how different all the costumes were from normal clothes we wear to school.



Lesson 8

Modern Day Superhero

We invited a police officer in to talk about how he got to be a hero every day.

- We had an Officer who did a great job telling them about kids who knew to call 911 and were heroes to their families. He also mentioned helping people in little ways and how that made him super. For example, picking up litter makes you a hero for the planet, doing the dishes for your mom makes you her hero, etc.

Lesson 9

Service Project

You really can do as many service projects as you want.

- We had the kids decide who they were serving before they did the project. We made them pick someone they didn't know and gave them the example of kids who were affected by the hurricane and lost their homes. They decided to make blankets for kids in the hospital and kids who didn't have homes.
- We decided we would try to teach the kids how to make fleece blankets that they could simply tie together.
- We got them into their full costumes before they did their service project so they would understand that serving is what made them worthy of the cape and mask.

Lesson 10

Super Ability Speaker

- We had a Karate teacher come in to talk to the kids. He did a lot of fun things with the kids to teach them agility and being quick. He had games that tested their strength. At the very end he showed them some of his more advanced moves and talked about how you don't attack anyone you only use karate as defense against the bad guys.

Lesson 11

Final Chapter

We brought Disney's The Incredibles and talked more about how they were going to use their new found powers to help others. We tried to make it clear that they can be super too when they help out at school or at home.

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Gak Recipe

Solution A:

- 1 1/2 cups warm water
- 2 cups elmers white glue
- Food coloring

Mix together until completely dissolved

Solution B:

- 4 teaspoons borax
- 1 1/3 cups warm water

Mix together until completely dissolved

Pour solution A into Solution B. Do not mix!
Lift Gak out and knead into shape.