

Week 3 - Superheroes

	Monday	Tuesday	Wednesday	Thursday	Friday
Parent Self-Care	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.
Breakfast 8:30am-9am	Discussion Question: What are the characteristics of a superhero?	Discussion Question: Who do you consider a superhero in your life?	Discussion Question: If you could have any superpower, what would it be and why?	Discussion Question: Who are the superheroes who affect your daily life/in your community?	Discussion Question: Why do we need superheroes?
Educational Time 9am-9:45am	Tallest skyscraper challenge - Who can create the tallest free-standing paper skyscraper using just 10 sheets of copy paper and 3 feet of tape?!	Read some superhero books or listen to these superhero book read alouds: https://www.youtube.com/watch?v=obnC8ZItD2A https://www.youtube.com/watch?v=WUiohMZPnW0 https://www.youtube.com/watch?v=YW_57SXjJmM	Using rubber bands, popsicle sticks, and a small object like a mini marshmallow (or pencil top eraser, or pom pom), create catapults. Who can launch their object the farthest?! Set up blocks or other objects and try to knock each other's down. https://www.pinterest.com/pin/465418942735480966/	Superhero escape boat! Using tin foil and pennies, create an escape boat for a superhero. Who's boat can hold the most pennies? https://www.pinterest.com/pin/432134526746147487/	Design your own superhero! https://www.pinterest.com/pin/299770918947692796/
Art & Music 10am-11am	Art: Create a superhero or Teenage Mutant Ninja Turtle using a paper bag,	Art: Create a Superhero card to send to someone special!	Art: Make a homemade projector to display the bat signal or other	Art: Make a superhero out of pipe cleaners and then make a stop motion	Art: Slow down after a busy week with some superhero coloring pages!

	<p>construction paper, and coloring supplies! https://www.pinterest.com/pin/510103095269756388/</p> <p>https://www.pinterest.com/pin/743868063442550044/</p> <p>https://www.pinterest.com/pin/164874036343674988/</p> <p>Music: Sing a song with movement Superheroes Unite https://www.youtube.com/watch?v=ok7V1pWtRzs</p> <p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves. My Superhero Movie: https://www.youtube.com/watch?v=ftu_GzPh6Jo</p>	<p>https://www.pinterest.com/pin/560346378636728213/</p> <p>Music: Sing a song with movement: Kids Superhero Song https://www.youtube.com/watch?v=Py4fhsx3Ct4</p> <p>Listening: Batman Theme song: https://docs.google.com/document/d/115izlBRq_ynom5VJ0jckUIJuPe5MpXqMkwoXjJP02p4/edit</p>	<p>superhero logos! https://www.pinterest.com/pin/657173770614686904/</p> <p>Music: Sing the song You-Nique https://www.youtube.com/watch?v=f6cmXLzxfZE</p> <p>Listening: Star Wars Theme Song https://www.youtube.com/watch?v=_D0ZQPgeJkk</p>	<p>video! https://www.pinterest.com/pin/76490893658067333/</p> <p>Music: Sing s song with motion https://www.youtube.com/watch?v=hv-M0QTpBVE</p> <p>Listening: Superman Theme song https://www.youtube.com/watch?v=e9vrfEoc8_g</p>	<p>https://www.pinterest.com/pin/695454367437007380/</p> <p>Music: Review any and all the superhero songs we have learned this year.</p> <p>Listening: PJ Mask Theme song https://www.youtube.com/watch?v=syGeHKMlz98</p>
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<p align="center">Screen Time 11am-11:30am</p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p>Suggested Websites: http://www.makebelief.com/Comix/</p> <p>https://www.pixton.com/create/comic-strip</p> <p>https://www.storyboardthat.com/comic-maker</p> <p>http://www.toondoo.com/</p> <p>https://www.lego.com/en-us/kids</p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p>Suggested Websites: http://www.makebelief.com/Comix/</p> <p>https://www.pixton.com/create/comic-strip</p> <p>https://www.storyboardthat.com/comic-maker</p> <p>http://www.toondoo.com/</p> <p>https://www.lego.com/en-us/kids</p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p>Suggested Websites: http://www.makebelief.com/Comix/</p> <p>https://www.pixton.com/create/comic-strip</p> <p>https://www.storyboardthat.com/comic-maker</p> <p>http://www.toondoo.com/</p> <p>https://www.lego.com/en-us/kids</p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p>Suggested Websites: http://www.makebelief.com/Comix/</p> <p>https://www.pixton.com/create/comic-strip</p> <p>https://www.storyboardthat.com/comic-maker</p> <p>http://www.toondoo.com/</p> <p>https://www.lego.com/en-us/kids</p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p>Suggested Websites: http://www.makebelief.com/Comix/</p> <p>https://www.pixton.com/create/comic-strip</p> <p>https://www.storyboardthat.com/comic-maker</p> <p>http://www.toondoo.com/</p> <p>https://www.lego.com/en-us/kids</p>
<p align="center">Lunch 11:30am-12:30pm</p>	<p>Use cheese and pretzel sticks to make Thor Hammer Snacks! https://www.pinterest.com/pin/121526889922043516/</p>	<p>Use different colored Jello to make Avenger themed Jello treats! https://www.pinterest.com/pin/485544403556435625/</p>	<p>Discuss how veggies help keep superheroes strong and try out these labels! https://www.pinterest.com/pin/92534967318930314/</p>	<p>Strawberries are in season! Use a little chocolate to decorate the strawberries and make them into Spiderman! https://www.pinterest.com/pin/546202261056424805/</p>	<p>Want your kiddos to eat more fruit? Try out Iron Man's Power Food (aka fruit kabobs)! https://www.pinterest.com/pin/514677063649887019/</p>
<p align="center">Independent Time 12:30pm-1:30pm</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a</p>

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Physical Time 1:30pm-2:30pm	<p>Avengers workout: https://www.youtube.com/watch?v=jyWyBern6q4</p> <p>Black Panther Workout: https://www.youtube.com/watch?v=9SDWARXm4mA</p>	<p>Spiderman yoga! https://www.youtube.com/watch?v=fnO-IGEMOXk</p> <p>Batman Workout: https://www.youtube.com/watch?v=8dLNbAcMqzc</p>	<p>Create a laser maze and time how long it takes everyone to get through it! https://www.pinterest.com/pin/AXGiOCtBBoMKyyUUgGf5xjgzek_2Tro513WtTsT-pvSRY2LvjTmR7sQ/</p>	<p>Time for another superhero workout! https://www.youtube.com/watch?v=ZKaawxjN3yM</p> <p>Captain America Workout: https://www.youtube.com/watch?v=Zm9qhyh4TJk</p> <p>Thor Workout: https://www.youtube.com/watch?v=c3oeoVsM95s</p>	<p>Create your own superhero workout! Use the workouts from earlier in the week for inspiration!</p>
Educational Time 2:45pm-3:30pm	<p>Create your own Superhero comic strip! You can use you one of these printable templates. https://picklebums.com/free-printable-comic-book-templates/</p> <p>http://www.thecurriculumcorner.com/the curriculumcorner456/wp-content/pdf/writing/comic%20strip%20templates.pdf</p> <p>https://www.printablep</p>	<p>Continue working on your superhero comic strip.</p> <p>If child(ren) have finished their comic strip,, have them create another, write in a journal, practice basic math facts, etc.</p>	<p>Continue working on your superhero comic strip.</p> <p>If child(ren) have finished their comic strip,, have them create another, write in a journal, practice basic math facts, etc.</p>	<p>Continue working on your superhero comic strip.</p> <p>If child(ren) have finished their comic strip,, have them create another, write in a journal, practice basic math facts, etc.</p>	<p>Finish up your Superhero comic strip!</p> <p>If child(ren) have finished their comic strip,, have them create another, write in a journal, practice basic math facts, etc.</p>

	<p>aper.net/category/comics</p> <p>We suggest the templates, so you can save them and continue to work on them all week! Be prepared to share your comic strip on Friday during family time!</p>				
<p>Family Time 3:30pm-4:30pm</p>	<p>Superhero Minute to Win It Game #1: Captain America Shield Toss</p> <p>Need: paper plates, basket or box</p> <p>How to Play: Players must stand behind the “line” (about) 20 feet away from the basket and try to toss paper plate “shields” to get them to land in the basket or other container. First player to land a certain number of plates in the basket before the time runs out wins. Or if you’re playing individually, player has to get a certain number of shields in the basket</p>	<p>Superhero Minute to Win It Game #2: Hulk Balloon Smash</p> <p>Need: Balloons (green for Hulk or any color)</p> <p>How to Play: This is a two player game. Give each pair a bag full of balloons and to play, they must first blow up a balloon then pop it together, using only one hand per person – pressing the balloon together to Hulk smash. Smash three balloons.</p>	<p>Using items around your house, create your own superhero costumes. Don’t forget the mask and cape! If you’re able, you can always take a peek at your local dollar store for more items!</p>	<p>Superhero Minute to Win It Game #3: Hawkeye Target Practice</p> <p>Need: large/thick rubber bands (thin ones don’t work), toy cars, table</p> <p>How to Play: Set the toy car at the end of the table and give the player a pile full of rubber bands. Players must use the rubber bands to shoot the toy car from one end to the other. If the car falls off the side, they must place it back on the table where it fell off and start again.</p>	<p>Superhero Minute to Win It Game #4: Ant Man</p> <p>Need: Raising and half-full 2-liter soda bottles (filled with water)</p> <p>How to Play: Place the three two-liter soda bottles in a line in the middle of the room. To win, players must stand above the soda bottles and drop “ants” (raisins) from eye level into the soda bottles below. No bending or lowering their hand below eye-level. For kids, they must drop one into a bottle and for adults, they must drop</p>

	before a minute is up.				an ant into each to win.
Question of the Day Anytime 5-8pm	Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you. Question: What makes you feel energized?	Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you. Question: What bugs you?	Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you. Question: What are the three things you want to do this summer?	Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you. Question: What makes you so awesome?	Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you. Question: How are you a superhero?
Bedtime 3-6 years: 6-8pm 7-12 years: 7:30-9pm Teenagers: 8-10pm (keep in mind that teenagers need at least 9 hours of sleep)					

Weekend Suggestions:

- Go for a walk or bike ride
- Pick up free Home Depot Workshop kids
- Have a picnic
- Family video game night
- Fly a kit
- Create a scavenger hunt
- Star gaze
- Have a water gun fight
- Have a family dinner party hosted by the kids. Make a menu, dress up nice, set the table, etc.

COVID Resources:

[Supporting Kids During the Coronavirus Crisis](#)

[How Mindfulness Can Help During COVID-19](#)

[Screen Time During the Coronavirus Crisis](#)

Mindfulness Activities to Try:

#1: When agitated, try holding an ice cube, putting your hands in cold water, or splashing some water on your face. How does it help to bring down your emotional temperature?

#2: Listen to music. Play your choice of nature sounds, classical, or any acoustic music. You can play the music while kids are doing something independently or allow kids to just sit down and relax while mindfully listening to the music.

#3: Blowing bubbles. Have your kids focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles as they form, detach, and pop or float away.