

Ultimate Superhero Training Camp!

Name: _____.

Aim:

1. Complete a task.
2. Get a star.
3. Stick the star on your page.
4. Go onto the next task.
5. Training is complete once each stage is completed!

Good luck!

The Parent trainers

1st step to becoming a Superhero.....

***Task: Decorate your mask and make your power
bracelet***

Think about who you will be.....

Decorate your mask. Every superhero needs a mask

What special power will come from your bracelet....

Make and decorate your power bracelet

Cover each star with your star

- ✓ *My Superhero Mask*
- ✓ *My Superhero Bracelet*

2nd step to becoming a Superhero.....

Task: Superheros always start with experiments

They try out new things and something happens...

Cover each star with your star

- *Milky fireworks (Specialness)*
- *Colour magic (Patience)*
- *Touching eggastic (Brave)*

3rd step to becoming a Superhero.....

Task: Design a superhero

Who will you be?

a) Use paper and cut out a body/arms/legs/head+ decorate your superhero. Fix it to a lollipop stick so you can move your superhero.

Task: Superhero stance

Superman points to the sky and flies.... Spider man shoots his web out.... When you do battle with your villain what is your pose?

Practice a pose.

Cover each star with your star

- *Drawn my superhero*
- *I know my superhero stance*

4th step to becoming a superhero.....

Task: Test your abilities

a) How far can you jump? Jump from one building to another. Masking X tape on the floor . Jump across. Measure how far.

b) Save the citizen - complete an obstacle course . Rescue a baby doll and bring back to safety . Time taken.:

c) Catch the villain from far away. Shoot your arrow. 3 chances. How many villains did you catch?

d) Can you fight the big villains with your mighty strength? Hitting the pinata.

e) Can you use your wits. Use your brain to outsmart the villain. Put your hand in the covered bag. Find 3 items by touch only.

f) Kung Fu training: Birthday boy to teach everyone 3 moves to catch and hold the villain.

Put a star by each one completed.

Congratulations!

You have completed the Ultimate Superhero training camp module.

You are now called

We can count on you to save the world!

Decorate your mask and Power bracelet station

1. Choose your colours
2. Decorate your mask
3. Choose your material
4. choices 1)foam and velcro 2) foil 3) pipecleaner and beads
5. Decorate your bracelet
6. Wear your mask.
7. Wear your bracelet.
8. Show your mask for a star in your training manual
9. Show your bracelet for a star in your training manual

Experiments (see:

<http://pinkandgreenmama.blogspot.com/2009/03/doctor-birthday-party-bash-part-2.html>

1. Milky fireworks (be special)

*Milky Fireworks experiment.
Newspaper down.*

- 1.Fill a rimmed baking sheet with a layer of milk.*
- 2.Drop a few drops of food coloring in the milk.*
- 3.Add a drop of dish soap to the center of each food coloring blob.*
- 4.Sit back and Watch the colors mix and swirl.*

2. Colour magic (Be patient)

*droppers
muffin tins
Water*

*Each circle of the muffin tin is filled with water.
Three of them were filled with a drop of food coloring:
Red, Blue, and Yellow.
Experiment with mixing colours. Shades of colours in the
test tubes.*

3. Touching egtastic (become brave)

*Eggs from fridge
Access to wash hands*

Egg soaked in Vinegar overnight.

The acid dissolves the calcium carbonate from the shell.

Some of the vinegar will pass through the membrane and plump up the egg.

*The end result is a **fat, gooey egg.***

Touch it careful so as not to pop it.

*****NOW WASH YOUR HANDS with soap*****

Design a superhero

Make your own superhero.

Use the materials to make your own

Make it nice and big so it will stick on the lollipop stick.

Try two arms, two legs, body, and a head.

How do you make it look like a superhero?

Superhero stance

Some use their hands to pull, freeze, point, shoot. Some get a weapon. Have fun and find a fun thing that your superhero can do.

Ideas: click your fingers. Clap their hands. Special hand signal, Kung fu stance.... Using both hands?

Use your imagination. Try them out. Find ONE that will be yours.

Test your abilities

How far can you jump?

Line up by the X. 1st superhero in training puts both feet on the X. Standing jump as far forward as possible. Stay still. Parent measures. Tells superhero. Superhero writes on in their manual. Given star when completed.

Save the citizen

Timer. Follow the obstacle course. Save the stranded baby (doll) and bring it back to safety in the *quickest* and *safest* way. Record time. Given star when completed.

Catch the villain

Wii resort (archery) two at a time.

Shoot 3 arrows to hit the target. If you get on the target (anywhere) then that represents a villain. Record how many villains you can catch and get a star when completed.

Fight the big villains

Improve your strength with swings and hits at the pinata until it breaks. Collect candy.

Can you use your wits?

Use your brain to outsmart the bad guys. Parent will show them 3 objects. Then put objects in bag + 3 others. Shake bag. Superhero in training must reach in without looking and by FEEL only find the 3 things.

Start with 10 points.

- +5 when the right one comes out.
- - 1 for each wrong one out.

Give 30secs or a shorter time(max= 25 points) Stop if anyone gets to 0. Superhero writes down score.

Add a star once completed to your training manual.

Kung fu training

Adult supervision.

Birthday Boy demonstrates 3 moves.

Everyone lines up and tries them. (as a group) then individually.

Birthday Boy calls out a random move. Whoever gets it right gets 10 points.

Birthday Boy calls out a random move..... Write your points down.

Everyone gets a star for completing.

Generate your superhero name

Use the computer:

<http://www.seventhsanctum.com/generate.php?>

[Genname=superheronameorg](http://www.seventhsanctum.com/generate.php?Genname=superheronameorg)

Parent operated. Choose the pull downs. Superhero chooses from the list of 10/20.

Write it on a label and stick it on child.

Food: Cheese pizza Melon slices cake

Guest bags: cape, mask, power bracelet

Take picture with the birthday boy and each person with cape striking a superhero pose.

Video of making a cape

<http://www.howcast.com/videos/125532-How-To-Make-a-NoSew-Superhero-Cape>

Decorations:

- Welcome to "Superhero Training Camp" Around the perimeter of the sign were comic-book style words like POW and BAM.
- Bunches of blue & red balloons and streamers