



Superheroes

	Activity	What to do	Useful websites or apps	How to record learning.	Area of learning	Some extra Learning
Monday	<p>Make a den</p>  	<p>Using your household furniture, bed sheets, blankets and any other throws, make a den with your child/children. Working together will help them learn how to work as part of a team and build their self-confidence.</p> <p>You can use anything around you for a den but chairs and a few sheets work best and if you have some pegs, that's even better.</p> <p>Please let your child develop and use their imagination and respect their ideas, this will help them to become better thinkers. Write down what they say and take pictures of the process</p> <p>You could get them to count the chairs, let them use their big muscles to add the sheets and blankets and encourage them to take turns to add the different items.</p> <p>After you have made your den you can add torches or disco light if you have one, and play some shadow games, read or watch superhero stories or act out your favourite super hero scene.</p>	<p>Have a look at what Mr Tumble gets up to with his den building skills https://www.youtube.com/watch?v=Q-kIdsQBvc8 or https://www.wikihow.com/Make-a-Blanket-Fort</p> <p>Watch these: https://www.youtube.com/watch?v=080joyaFMaC https://www.bbc.co.uk/cbeebies/shows/something-special</p>		<p>Communication and Language, Understanding of the World, Mathematics, Physical development and Expressive Arts and Design.</p>	<p>lots of ideas for fun, creative, reading activities at home http://www.lovelybooks.co.uk/</p> <p>You could try having a look at some of our core books and trying some of the activities that they suggest.</p> <p>Our core books for this year are:</p> <ul style="list-style-type: none"> • Brown Bear • Monkey and Me • Each Peach, Pear Plumb • Farmer Duck • Dear Zoo • Jaspers Beanstalk • The Very Hungry Caterpillar

<p>Tuesday</p>	<p>Making Your Own Costume</p>  <p><small>You will need: • 1 large men's T-shirt • scissors • 1 x A4 sheet of yellow felt</small></p> <p><small>For the cut: • 5cm x 15cm cardboard • rubber fasteners • glue • sewing machine</small></p>	<p>Talk with your child about super heroes to find out what their favourite superheroes are. Encourage your child to explain why they chose that superhero using questions such as</p> <ul style="list-style-type: none"> • I wonder what sort of things he does that make you like him/her • What else can you tell me about him/her? • What sort of things does he/she like or dislike? <p>Please do record what your child says</p> <p>Now it is your turn to become superheroes. Explain to your child that you are going to make your own costume and get them involved in thinking about what you might need and get them to collect the items around the house.</p> <p>You can design your own costumes making masks, capes and anything else that comes to mind. You can use resources in your home like old bed spreadsheet and old t-shirts to make your outfit.</p> <p>Now dress up and you can play some turn taking games, sharing games and talking about what you like and don't like and why?</p> <p>Also with an adult you can think about and talk about what makes someone a superhero and a baddie</p>	<p>you will need:</p> <ul style="list-style-type: none"> • An old adult t-shirt. • Scissors • Sewing needle • Thread <p>You can go on www.youtube.com easy craft: how to make a no sew t shirts Cape.</p>	<p>Take pictures of your child doing the activity at different stages and bring them into nursery on your return or send them to us at Info@ronaldopenshaw.newham.sch.uk don't forget to put your child's name and class on the email heading).</p>	<p>Communication and Language, Mathematics and Understanding of the World, Expressive Arts and Design, Physical development and Literacy.</p>	<p>Create a veggie hero</p> <p>With some veggies that you are able to spare. Design a few and lay them out 1-10.</p>  <p>Or how many you have. With some pens and pencils create a design any how you like (make is look super). Count them out together adding and taking some away to make a new number.</p>  <p>https://www.youtube.com/watch?v=QlaMeNmTG6c</p>
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<p>Wednesday</p>	<p><u>Story building</u></p> 	<p>This activity encourages children to listen to and join in with stories, use their imagination, and to develop their fine and gross motor skills. Parents can choose to read a familiar story to their child. For example, 'Superworm' and then along with their child grown-ups can use building blocks to build scenes from the story. Once both the grown-up and child have finished with their building, they can then act out the stories they have heard or have a go at making up their own story.</p> <p>Encourage your child to use the blocks with any other resources of their choice to create their scene. This could be things like toilet roll tubes, stones, material, boxes, cans, etc. the possibilities are endless.</p>	<p>Resources:</p> <ul style="list-style-type: none"> • A Story • Building blocks • toilet roll tubes, stones, material, boxes, cans, etc. 	<p>Take pictures of your child doing the activity at different stages and bring them into nursery on your return or send them to us at Info@ronaldopenshaw.newham.sch.uk don't forget to put your child's name and class on the email heading).</p>	<p>Communication and Language, Literacy, Understanding of the World, Physical development, Expressive Arts and Design and Mathematics</p>	<p>Super Weighing</p> <p>What you will need:</p> <ul style="list-style-type: none"> • Weighing scales • Peas/Lego (anything small) • Spoons <p>Scoop some of the peas or whichever item you are using into the scales and allow your child to weigh them out. Which is heaviest and which is the lightest. Add more to make one of the cups heavier.</p> 
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<p>Thursday</p>	<p>Superhero Cuffs</p>   	<p>Have a go at making your very own superhero cuffs (bracelets). You begin by covering your toilet rolls in black paper. You can have your child colour the toilet roll black using coloured pencils too.</p> <p>Simply cut a yellow circle and attach it to the paper toilet roll with the glue stick.</p> <p>Roughly draw a bat shape on the back of a black piece of paper, cut it out carefully using the scissors and attach it over the yellow circle. You might like to google the image on the internet and trace any great batman symbols you find.</p> <p>Roughly draw, cut and paste a letter 's' for Superman or google the Superman symbol and trace it.</p> <p>Once you allow the cuffs to dry, simply cut the toilet roll down the back and fit it over your child's arm. Of course if your child wants to be Batman, for example, then be sure to make two of the same cuff for them to wear.</p>	<p>What you need:</p> <ul style="list-style-type: none"> • Toilet rolls x 2 • Coloured paper • Glue stick • Scissors <p>Take a look here: https://laughingkidslearn.com/how-to-make-superhero-cuffs-using-toilet-roll-tubes/</p>	<p>Take pictures of your child doing the activity at different stages and bring them into nursery on your return or send them to us at Info@ronaldopenshaw.newham.sch.uk don't forget to put your child's name and class on the email heading).</p>	<p>Communication and Language, Mathematics and Understanding of the World, Expressive Arts and Design, Physical development and Literacy.</p>	<p>Superhero Handprints</p> <p>Children can trace their handprints and cut them out. They can then design a superhero using their traced hand.</p> <p>Children could instead print their handprint using paint onto a piece of paper, wait for it to dry and then draw their superhero on there.</p> <p>https://www.thebestideasforkids.com/super-hero-craft/?fbclid=IwAR3T4CEDYKH7FwfCv2tkO8oAcmUgiXKWixBhOLqN-rpdHcykppUgypD2NwE</p> 
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<p>Friday</p>	<p>Making a superhero.</p>    	<p>You can use old cardboard boxes/ junk/ paper/ foil etc. to construct your very own toy robot. You can use a variety of boxes in different sizes and shapes. You can add bottle tops, lids, straws and anything else you like. You can figure out ways to make them move, decided what colours you would like them to be.</p> <p>If superheroes aren't your thing you could have a go at using the junk modelling things to create you very own people who are special. You could make the members of your family, or even the friends that you miss seeing. You could name the body parts they have constructed and even the people that you have made.</p> <p>Once you have finished you could get a grown-up to send a photo to your family and friends showing them what you have made.</p>	<p>Here are some tips on how to make your own people https://www.learnin-g4kids.net/2012/01/26/little-toilet-roll-people/</p>		<p>Communication and Language, Mathematics and Understanding of the World, Expressive Arts and Design, Physical development and Personal, Social and Emotional development.</p>	<p>Superhero chats Have a discussion between you and your children asking questions, such as:</p> <ul style="list-style-type: none"> • Who is your favourite superhero? • What superhero powers would you like to have? • If you were a superhero what colour would your costume be? • What would your superhero name be? • Who would you rescue? <p>Then together make your costume and have fun.</p>
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Super Hero Letter Rescue

What you'll need :

- Super heroes
- Letters

What to do:

Spread the letters around the room or on the floor. Tell your child to help the superheroes get the letters. You can ask for specific letters. For example "Help superman find the letter S" or you can ask your child to choose a letter. Then talk about the letter they rescued. Sy "You and superman rescued the letter S! Can you please place superman on the letter S"? Encourage your child to get another letter and talk about it as well. "That the Letter T, T makes the sound /t/ sound.



Super Hero Letter Rescue



SUPERHERO PUPPETS

What you need:

- Paper
- Colouring Pencils
- Lollipop sticks
- Glue

What to do:

Printed out masks and logos for the superheroes. I found using Google Image. Paint popsicle sticks colour of choice. Once dry, use a glue to add heads with construction paper, masks, & logos. Have child cut out capes with construction paper & glue on as well.



Super potions:

With an adult you can set out potion making ingredients and have a go at making your very own special potions.

You can use strong scented items such as ginger or lemon and herbs under the premise that the strong smell will help to keep the baddies away!

You could use herbal teas (they smell nice and come in lots of different colours). You could add leaves, flower petals; twigs, glitter or anything that you think will give you super amazing powers.

You can have a go at writing up the recipe of your special potion

Superhero Yoga Poses

What do you know about superheroes?

- They are brave
- They are strong
- They fly
- They wear costumes
- They have super powers
- They save the day
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Get ready:

For us to learn to be a superhero, we need to breathe like one. Superheroes have a lot to accomplish. If they don't stay calm they won't be able to save the world!



Tense & relax

Encourage the children to squeeze their muscles tightly for five seconds, and then release. This will help our superheroes relax.



Flying superhero pose (locust pose)

Lie on your belly and lift your arms and legs at the same time.

**Warrior pose**

Stand in a mountain pose with your hands together. Gently open your arms, lean forward whilst lifting one leg backwards repeat on the other side. Develops balance, strength, boldness and power.



Now try some more poses on the next page:



WARRIOR 3
VIRABHADRASANA III



HALF LORD OF THE FISHES
ARDHA MATSYENDRASANA



DOWNWARD-FACING DOG
ADHO MUKHA SVANASANA



BOAT
PARIPURNA NAVASANA



CHAIR
UTKATASANA



REVERSE WARRIOR
VIRABHADRASANA