**Superheroes vs. Legendary Heroes** (vote for favourite superhero?)

<https://www.playpartyplan.com/superhero-minute-to-win-it-games-for-kids/?fbclid=IwAR3XeXBBnjhF6Gr1hS9NlmTAVernF_4KxGl1KJItE5xvb9c5OW2lNr1dNSg>

<https://www.pinkoatmeal.com/superhero-gross-motor/>

* Recruit volunteers from the fire department or hospital (invite people to dress up as their heroes?)
* Who’s your hero? Design your own superhero costume/powers.
* First aid lesson from someone?

Explorers (5-8):

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| Wednesday | Warm-up Games: What Time is it Mr. Wolf, BANG, red-light-green-light  Superhero Minute-to-Win-It  Supertato  Bedtime for Batman | * Split everyone into two teams   Captain America Shield challenge: paper plates (can be decorated to look like Captain America’s shield), 3 large bowls/boxes/baskets, painter’s tape (to mark the lines)  Spiderman Grab: sticky hand, plastic bugs. The goal is to pick up as many bugs with the sticky hand as possible within the time.  Thor’s Hammer: Hammer, ping pong balls, bucket. Players bounce a ping pong ball and guide it with the hammer to get them into the bucket on the other side of the room (must be done inside).  Hawkeye: Rubber bands, toy cars, table. Players use the rubber band to shoot the toy car from one side of the able to another. If the car falls off the table, they have to put it back and start again.  Ant Man: 3 two-liter pop bottles and a bunch of raisins. Stand above the bottles and drop the raisins from their eye level into the bottles. You can’t bend or drop your hand from below your eyes.  Wolverine: pencil crayons, white paper, table. Players get three pencil crayons and a piece of paper. They must draw the superhero word (or hero) and get their group to guess what they’re drawing. |
| Thursday | Hero Tag  Make-a-Hero  Make-a-Hero colouring page  Super Manny Stands Up  Super Jumbo | We assign heroes with capes OR masks OR yellow wristbands and villains with masks, and everyone else is a civilian  Story-telling Mad Libs sort of game where they build an origin story (sort of go around a circle and make a character)  Sit kids in a circle. Have pieces of paper with characters, characteristics, weapons, outfits, superpowers, locations, and villains. Kids can pick pieces they want to include in their story, or (with kids that are more nervous) have them pick up a piece and add it to the group story. Kids can even act out what’s happening.  This could be combined with a blank superhero colouring page they can customize to make it look like their favourite hero or themselves as a hero. |
| Friday | Warm-up Games  Hero Bingo (historical heroes, superheroes)  Superhero Training  Violet the Pilot  Super Red Riding Hood | Bingo sheet with a combination of real and make-believe hero characters, symbols, or names  Superhero Training: Musical Chairs but with a twist – when the music stops, they have to do the activity on the card before they can sit down OR just musical chairs. |

Adventurers (9-12+)

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| Wednesday | Warm-up Games: What Time is it Mr. Wolf, BANG, red-light-green-light  Superhero Minute-to-Win-It  Books: Airman by Eoin Colfer | Split everyone into two teams  Captain America Shield challenge: paper plates (can be decorated to look like Captain America’s shield), 3 large bowls/boxes/baskets, painter’s tape (to mark the lines)  Spiderman Grab: sticky hand, plastic bugs. The goal is to pick up as many bugs with the sticky hand as possible within the time.  Hulk Crush: Green balloons or balloons of any colour. Two players work together to blow up 3 balloons and then pop them within the time  Thor’s Hammer: Hammer, ping pong balls, bucket. Players bounce a ping pong ball and guide it with the hammer to get them into the bucket on the other side of the room (must be done inside).  Hawkeye: Rubber bands, toy cars, table. Players use the rubber band to shoot the toy car from one side of the able to another. If the car falls off the table, they have to put it back and start again.  Ant Man: 3 two-liter pop bottles and a bunch of raisins. Stand above the bottles and drop the raisins from their eye level into the bottles. You can’t bend or drop your hand from below your eyes.  Black Widow: Hula hoop, plastic spiders. Players put the spider on their head and balance it the best they can while moving through a hula hoop. If you drop the spider or touch it with your hands, you start over.  Wolverine: pencil crayons, white paper, table. Players get three pencil crayons and a piece of paper. They must draw the superhero word (or hero) and get their group to guess what they’re drawing. |
| Thursday | Make-a-Hero storytelling activity  Superhero Training  Books: Airman by Eoin Colfer | Sit kids in a circle. Have pieces of paper with characters, characteristics, weapons, outfits, superpowers, locations, and villians. Kids can pick pieces they want to include in their story, or (with kids that are more nervous) have them pick up a piece and add it to the group story. Kids can even act out what’s happening.  Superhero Training: Musical Chairs but with a twist – when the music stops, they have to do the activity on the card before they can sit down OR just musical chairs. |
| Friday | Superhero Bingo  Make-a-Hero Template  Books: Airman by Eoin Colfer |  |



