

Theme: Superhero

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Tuesday

Kryptonite Jelly

Supplies

- Jell-o green mix
- Bowl
- Spoon
- Tray or ice cube tray

Instructions

1. Get a bowl
2. Make green jelly (use the Jell-o mix) follow instructions on the box
3. Pour into tray or ice cube tray
4. Once ready cut it into jagged cubes and serve the toxic kryptonite

Kryptonite Toss

Supplies

- Buckets or large bins or cardboard boxes
- Foil (Optional)
- Balls

Instructions

1. Find 1-2 buckets/bins/ cardboard boxes
2. You can cover it with foil to look like a planet
3. Take Kryptonite (balls) and try to throw as many as you can at different distances

Challenge yourself by placing the planets 5 steps, 10 steps and 15 steps away from you

Superhero Masks

Supplies

- Paper Plate or poster board or foam sheet
- Construction paper
- Whole puncher or pencil
- String or ribbon
- Glue
- Optional: paint, feathers, glitter, sequins

Instructions

1. Draw your superhero mask shape out of a paper plate or poster board

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2. Cut out eye holes any shape you want
3. Decorate as desired, then let dry
4. Hole punch each side of mask
5. Tie string or ribbon to each side of the mask to tie the mask on to your head.

Superhero Tracing Chalk

Supplies

- Bowl or container
- Cornstarch
- Water
- Measuring cup
- Tempera Paint
- Spoon
- Ice cube tray

Instructions

1. Get a plastic bowl or recycled plastic container
2. Mix 1 cup of cornstarch and 1 cup of water
3. Add a little bit of washable tempera paint to create colour
4. Pour mixture into ice cube tray and put in freezer
5. Once frozen, take them outside on a sunny day and draw your superhero track on the sidewalk
6. Watch to see which ones melt the fastest

Wednesday

Superhero Number Maze

Supplies

Chalk or Tape.

Instructions

1. Draw a grid
2. Pick any square, and write the number 1 inside
3. Choose any square that's next to the number 1 square, and write the number 2 inside
4. Choose any square that's next to the number 2 square, and write the number 3 inside
5. Continue writing in numbers in squares until all the squares are done
6. Decorate the starting and finishing squares so they stand out
7. Your maze is ready to go!

Source: [HandsOnAsWeGrow.com](https://www.hands-on-as-we-grow.com)

Superhero Matching Book

Supplies

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- Paper
- Scissors
- Glue

Instructions

1. Print superhero matching book template
2. Cut out superhero squares
3. Paste them onto the matching superhero page

Superhero Story Stone

- Supplies
- Rocks
- Permanent colour pens
- Craft varnish
- Bag

Instructions

1. Collect 10-15 smooth rocks
2. Clean your pebbles
3. Think about what picture you want to draw on your stone
4. Using a permanent pen or permanent coloured pens, draw the pictures you like of places, objects, superhero's
5. Varnish stones to seal the colour (optional)
6. Let the stones dry
7. Put stones in a bag, as you pull one stone out at a time create a story

Thursday

Superhero Movement Maze

Supplies

Painter's Tape/Electrical Tape/Masking Tape.

Instructions

1. Use the painter's tape to create lines on the floor
2. Create a starting point use straight lines, Zig Zag lines, boxes etc., to design the maze to the finish line.
3. Get camper to balance on, hop, jump, or skip from line to line, box to box and more creative movements

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Adaptations for mobile devices

Have the camper zig zag through, set a time to get from one spot to another, navigate with one eye open and create movements to be done once the camper gets to the maze destination

Superhero Shield

Supplies

- 3 pieces of cardboard
- Scissors
- Glue
- Coloured duct tape
- Craft foam
- Construction paper

Instructions

1. Collect 3 pieces of cardboard, draw a circle on 1 piece of cardboard
2. Using the circle cut out to create two more circles
3. Use glue to attach all the circles together one on top of the other
4. Cover the edges of the shield with duct tape
5. Use colourful duct tape and cover the shield with long stripes of duct tape
6. Cut construction paper (colour of your choice) in a circle and glue or tape it to your shield
7. Create a superhero logo of your choice and glue it to the construction paper circle on your shield.
8. Cut a strip of craft foam and bend it into a C, then duct tape it to the back of your shield.

BAM! Sand

Supplies

- Baby Oil (Large)
- Flour
- Plastic container or bin
- Superhero's, popsicle sticks, or anything else

Instructions

1. Pour 2-3 cups of flour in a bin or bowl
2. Add Baby Oil until you can mold the dough into a shape then through it in the bin for a BAM! Explosion
3. Use different materials to play, have fun!

Friday

Superhero Training Obstacle Course

Supplies

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- Balls
- Bowls or buckets

Instructions

1. Make 4 stations
 - Station 1: 10 jumping jacks
 - Station 2: Throw the ball in the bucket 5 times
 - Station 3: Show your speed
 - Station 4: 10 ball lifts
2. Complete the obstacle course 3 times

Superhero Jet Pack

Supplies

- Cereal box
- Packing tape or duct tape
- Construction paper and tissue paper (any colour)
- Ribbon or string (optional)
- Scissors

Instructions

3. Get a cereal box
4. Cover the cereal box with long strips of duct tape
5. To create straps for the jet pack, measure how long they need to be and then double the length (use string, ribbon or duct tape).
6. Cut 2 pieces of the material of your choice the length the straps need to be
7. Use a bit of tape to secure the straps to the cereal box, so it forms a backpack.
8. Take two toilet paper rolls and decorate them
9. Stuff the toilet paper rolls using tape with tissue paper to make flames
10. Attach the toilet paper rolls to the bottom of the cereal box
11. Your superhero is ready to jet off!

Comic Bookmarks

Supplies

- Paper
- Markers or crayons
- Scissors
- Construction paper (optional)
- Glue

Instructions

1. Print off bookmark template
2. Cut out bookmarks
3. Colour your bookmarks

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4. Glue your bookmark onto construction paper (optional)
5. Now you can share a bookmark with the superheroes in your life.

Superhero Photo Challenge

Supplies

- Superhero crafts from the week
- Camera or phone
- Smile

Instructions

1. Get all of your Hero gear that you made this week.
2. When ready, go to another room and change as fast as you can like a superhero
3. Take some pictures of the true superhero you are!