

## YOU ARE A SUPERHERO!

### Ages 4 to 7 (Level 1)

<b>Description:</b>	Learner will gain a greater understanding of their emotions to create better social relationships
<b>Leading question:</b>	How can I become the best version of myself and change the world?
<b>Age group:</b>	4-7
<b>Subjects:</b>	Social Emotional Learning, Building Self-Confidence, Empathy
<b>Total time required:</b>	60 mins/day over 3 days
<b>Self-guided / Supervised activity:</b>	Supervised
<b>Resources required:</b>	Fabric (old bed sheet, towel, cloth) and paint or crayons

Day	Time	Activity and Description
1		<p><u>Topic: Self-awareness</u></p> <p>Inquiry Question: Can you identify what you are feeling? Are you happy, sad, anxious, etc? You can use the <a href="#">Defend Innocence Emotions Wheel</a> to help you out.</p> <p>Today you will gain a greater understanding of yourself and learn about emotions.</p> <p><i>Energizing game (5 mins)</i></p> <p>Begin by making a happy face, silly face, surprised face, an angry face, excited face, frustrated face, and a sad face. Next introduce that you will play a game that has many changes, just like your emotions.</p> <p><b>Thunderstorm Game</b></p> <p>*In all segments, instruct one section to start, then instruct a second section to follow, then finally a third section. If only one child is at home, include grandparents or neighbors to make more sound.</p> <ol style="list-style-type: none"> <li>1. Have child/children start by rubbing their hands together.</li> <li>2. Have child/children rub their hands together a bit faster.</li> <li>3. Have child/children start to snap their fingers.</li> <li>4. Have child/children snap their fingers more intensely.</li> <li>5. Have child/children pat their legs.</li> <li>6. Have child/children pat their legs more intensely.</li> </ol>



		<p>7. Point to and have certain child/children jump and stomp. 8. Have child/children pat their legs. 9. Have child/children snap their fingers. 10. Have child/children rub their hands together.</p> <p><a href="https://www.youtube.com/watch?v=VOU5gAFV9v8">https://www.youtube.com/watch?v=VOU5gAFV9v8</a></p> <p>Did you notice how the storm got louder, but we were then able to calm it back down?</p> <p>The same thing applies to feelings! You can be angry, happy, sad, or confused throughout the day. Your emotions fluctuate and change. You can control how you feel!</p> <p><i>Opening (10 mins)</i></p> <p>Discuss with your child what a superhero is (e.g. super strong, brave, have superpowers and tremendous courage and strength). Tell them that we are all superheroes in our own ways and just need to discover our superpowers. Over the next three days, they will be in Superhero Academy to become the best superheroes they can!</p> <p>The first thing they have to do as superheroes is to build up their strength through the following exercises:</p> <p><b>Flash Runs</b> Imagine you can run at supersonic speeds. Run in place as fast as you can for 10 seconds! Repeat 3 times with 10 seconds of rest in between each set.</p> <p><i>Breathing/Meditation Exercise (5 mins)</i></p> <p><b>Batman Breath</b> As you inhale, open your arms to the side bent at the elbow to make your arms into bat wings and lift one knee up. As you exhale, bring your hands together in front of you as if closing your wings around you and place your foot back on the ground. (x3)</p> <p><b>Wonder Woman Breath</b> On the inhale, hold one hand over your head and pretend to spin a rope. As you exhale, pretend to throw the rope.</p> <p><i>Practice Activity (35 mins)</i></p>
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		<p>We experience many emotions, and it's sometimes hard to identify and express them. This activity will help your child begin the process of emotion identification. Discuss each emotion and have them act it out.</p> <ul style="list-style-type: none"> <li>● Peaceful: sitting in a circle with eyes closed, take five deep breaths in through the nose and out through the mouth.</li> <li>● Anxious: sitting with legs bent in front, pat hands from head to feet, slowly and then quickly.</li> <li>● Happy: Begin standing, crouch to pull all limbs as close as possible, before jumping up, reaching arms and legs out to stand in an X shape.</li> <li>● Sneaky: lying on stomach, using head to lead the spine, wiggling side to side and up and down.</li> <li>● Angry: on hands and knees reaching forward with arms while keeping feet planted, then planting hands and jumping feet to hands.</li> <li>● Sad: on hands and feet slowly moving around the room using only one side of the body at a time.</li> <li>● Excited: sit and reach across the body to wave to your neighbor, then reach the opposite direction across the body to wave to another friend.</li> <li>● Overwhelmed: walking quickly around the room, spinning out of control.</li> <li>● Content: standing, take five deep breaths in through your nose and out through your mouth.</li> </ul> <p><i>Closing (5 mins)</i></p> <p>Check in with your child and see how they are feeling at the end of the first day of Superhero Academy. Are they able to express to you their thoughts and feelings?</p> <p>Close out with a simple breathing exercise. Breathe in deeply. And as you breathe out, say to yourself "I am brave, I am strong, I am peaceful."</p>
2		<p><u>Topic: Self-management</u></p> <p>What did we learn yesterday? What did you remember the most from yesterday?</p> <p>Inquiry Question: Now that you have the ability to name your emotion, do you have the power to calm down when upset?</p> <p>Today you will learn how to properly manage and express your thoughts and emotions in a healthy way.</p>




	<p><i>Opening (10 mins)</i></p> <p><b>Angry Monster Freeze Dance</b> Sometimes we feel angry or frustrated, but superheroes need to remain calm and levelheaded! Tell the child/children that today they will try to understand the Angry Monsters by pretending to be them. Have the child/ren pretend to be little “Angry Monsters” while the music plays - stomping around, growling, whatever their little “Angry Monster” looks like to them! Everyone freezes when you stop the music, and you take a big, deep, breath together. Repeat a few times.</p> <p>Remember it is ok to feel angry! We all encounter a little “Angry Monster” from time to time, whether it’s our own or that of another. But remember, then we stop and do some mindful breathing. Then we can act thoughtfully!</p> <p><i>Breathing/Meditation Exercise (5 mins)</i></p> <p>Discuss how challenges can feel like going up a mountain or like on a roller coaster. Have child/children do this exercise:</p> <p><b>Roller Coaster Breath</b> Hold out your hand with your fingers outstretched. Place your pointer finger from your other hand at the bottom of your thumb. Inhale as you slowly bring your pointer to the top of your thumb and exhale as you move your pointer down your thumb. As your pointer finger traces your hand, imagine as if your finger were going up and down the hills of a roller coaster. Repeat with every finger. You can even make sound effects to exaggerate the breath as you do this exercise!</p> <p><i>Practice Activity (35 mins)</i></p> <p>Everyone faces unique challenges and obstacles in their lives and invents their own ways of moving past them. superheroes are great at overcoming obstacles!</p> <p>Practice overcoming obstacles by using objects in the room to create an obstacle course with ordinary household items such as cushions and other items safe for children.</p> <p>Have the children move through the course several times in one direction, and then switch directions. Ask them to vary their movement by moving through the course low to the ground, high above the ground,</p>
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		<p>quickly, slowly, smoothly, or sharply. Suggest they crawl like lizards or jump like frogs through the course.</p> <p><b>Frog Jumps</b> Squat down to a tiny frog, as you move forward jump and land back in your squat. Make sure you make a frog noise each time you jump!</p> <p><b>Lizard Crawls</b> Lizards move slow and close to the ground. Come to all fours and crawl like a lizard. Stick out your tongue and make a lizard noise to say hi!</p> <p><b>Snake Sliver</b> Snakes Sliver through the ground to move around. Try lying down, pinning your feet together and hands together ahead of you. Try slivering like a snake and wiggling your body to move forward!</p> <p>Now that you have overcome obstacles, find an old bed sheet, towel, or a simple piece of cloth that your child can use as a cape. Have them do the following exercises with their capes on to gain self-confidence and super-strength!</p> <p><b>Flying Pose (Flamingo on <a href="#">Yoga Bingo</a>)</b> Let's learn to fly. Starting with both feet on the ground, you lower your torso to be parallel to the ground. Lift one leg back (bringing your torso and leg to a T like position parallel to the ground). Open your wings to the side. Repeat on the other side.</p> <p><i>Closing (5 mins)</i></p> <p>Close out with a simple breathing exercise. Breathe in deeply. And as you breathe out, say to yourself "I am brave, I am strong, I am peaceful."</p> <p>Your child learned that strength is needed to overcome challenges, and they began to build that strength through the exercises. Remind them that they are strong, but they must not forget to be kind. Introduce tomorrow's topic of social awareness by asking your child/children how do they want to change the world? Discuss more in detail tomorrow.</p>
3		<p><u>Topic: Social awareness</u></p> <p>What did we learn yesterday?</p> <p>Inquiry Question: Yesterday, we learned that it is ok to have big emotions, and how you can use your breath to calm down when upset. Understanding how your actions can make others feel is very important</p>



		<p>in all of your relationships. Can you think of a time that you did something kind for someone that made them very happy?</p> <p>Today you will learn about social relationships and how to create a more peaceful society.</p> <p><i>Opening (10 mins)</i></p> <p>Game: Today we will warm-up our bodies by playing Follow the Leader! The caregiver will be the first leader and will instruct the child/children in some basic movements and stretches. Then the child/children can volunteer to learn in silly stretches and poses. The key is to lead the class without talking!</p> <p>Tell your child/children that today is the last day of Superhero Academy and that they will receive the cape they made yesterday. They are ready to make the world a better place. Ask them how they want to change the world.</p> <p><i>Breathing/Meditation Exercise (5 mins)</i></p> <p><b>Superman Breath</b> As you inhale, make both of your hands into fists at your side. As you exhale, bring one arm out in front of you as if you were flying. Repeat twice.</p> <p><b>Flash Breath</b> As you inhale, slowly lift one arm bent at the elbow, and the opposite leg also bent at the knee (as if you are running). As you exhale, slowly lower your arm and leg to the ground. Repeat on the other side and as necessary.</p>  <p><i>Practice Activity (35 mins)</i></p> <p><b>Superhero Flow</b></p> <ul style="list-style-type: none"><li>• Crescent Moon Pose: Superheroes need to learn how to fly. Start in Crescent Lunge, and then bring one hand down to the floor and try to lift the back leg up. Lift the top arm up to the sky as we practice flying! Switch Sides.</li></ul>
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	<ul style="list-style-type: none"> <li>● Flying Pose: Let's see if our practice of flying really helps us fly. We lift one leg back and open our wings to the side. Repeat on the other side. Tie on your cape, let's take off. Allow child/children to fly around the room.</li> <li>● Flying Low: Land on your bellies on your mat. See if you can fly while lying on the floor (Locust Pose). This pose makes our backs super strong. Lift arms and legs with an inhale. Try to keep legs together and bring your upper body off the ground one more inch. Come down on an exhale.</li> <li>● Superhero pose: Make up your own pose!</li> </ul> <p><b>Spiderman Super Sense</b></p> <p>Come to a comfortable sitting position in a circle. You will need several family members to form a circle. Use an object like a flower, leaf, or pom pom.</p> <ul style="list-style-type: none"> <li>● Pass the object around the class first, but with your eyes closed so you can feel it. Notice what it feels like and imagine it in your mind.</li> <li>● Pass the object around the circle, but now with eyes open. Notice what it looks like, the color, the shape, the bumps and curves of the object.</li> <li>● Choose a person to be Spiderman.</li> <li>● Spiderman leaves the circle and closes his eyes while someone hides the object under their bottom.</li> <li>● Spiderman is asked to take a breath and imagine where the item may be. With this sense activated, can he locate it?</li> </ul> <p><i>Closing</i></p> <p><b>Art:</b> Before the child graduates from Superhero Academy, ask them to draw how they are feeling for having completed this training!</p> <p>Congratulate your child for completing Superhero Academy! Ceremoniously place the cape on your child. Have them say: "I am NAME and I am a superhero! I am ready to make the world a better place!"</p> <p><b>Role-play</b></p> <p>Have your child give a thank you speech to their big audience (create an auditorium using household items and pretend to use a microphone) and explain how they will change the world!</p>
<p>Assessment Criteria:</p>	<p>Observation &amp; Interactions</p>



Learning outcomes:	Social Emotional Learning, Building Self-Confidence, Self-Awareness
Required previous learning:	None
Inspiration:	Inner Strength
Additional enrichment activities:	Have them draw themselves as a superhero and tell you what superpower(s) they want. Connect their desired superpowers to existing strengths that they already have. Tell them that every person also has areas in which they want to improve, and ask what they want to do better.





## WHEEL OF EMOTIONS

# WHEEL OF EMOTIONS

Help your kids learn to identify their feelings with this emotion wheel.

Start with the inside wheel for younger kids, then move to the outer wheel as they get older to help them understand their emotions better.



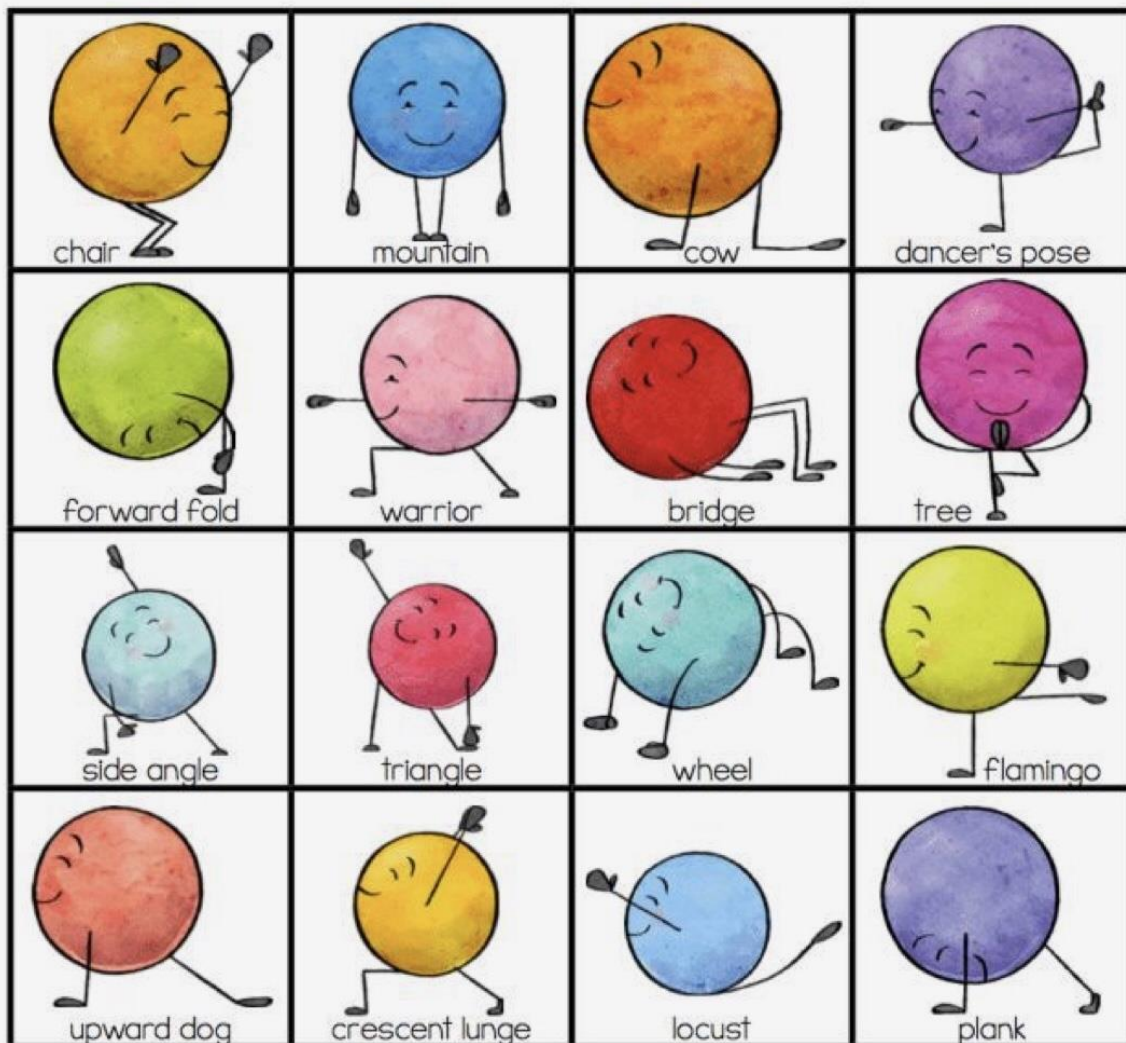
## YOGA POSES





## YOGA BINGO

# YOGA BINGO



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## Ages 8 to 10 (Level 2)

<b>Description:</b>	Learner will gain a greater understanding of their emotions to create better social relationships
<b>Leading question:</b>	How can I become the best version of myself and change the world?
<b>Age group:</b>	8 to 10
<b>Subjects:</b>	Social Emotional Learning, Empathy, Self-Management, Social-Awareness
<b>Total time required:</b>	60 mins/day over 3 days
<b>Self-guided / Supervised activity:</b>	Some supervision
<b>Resources required:</b>	Paper & Colors or Pen, Mat and ball (only if available)

Day	Time	Activity and Description
1		<p><u>Topic: Self-awareness</u></p> <p>Inquiry Question: Can you identify what you are feeling? Are you happy, sad, anxious, etc? You can use the <a href="#">Defend Innocence Emotions Wheel</a> to help you out.</p> <p>Today you will gain a greater understanding of themselves and learn about emotions.</p> <p><i>Energizing Game</i></p> <p><b>Sound Ball</b></p> <p>Ask the child/children to stand in a circle. Caregiver holds an imaginary ball pretending it's there. Show this imaginary ball to child/children. Tell the child/children that they will be throwing this ball around.</p> <p>Explain that you are going to throw the ball to someone else. Before you throw the ball, you will make a special sound. Tell the child/children to keep their eyes on the ball and get ready to catch it. Before catching the ball, the child should make the same sound that the caregiver made.</p> <p>Then whoever has the ball makes a sound and throws the ball to someone else. The player who is catching the ball should make the same sound and catch the ball. This player throws the ball to any other player, making a new sound etc.</p>

	<p>This game helps children to be present, be in the moment. Explain there are no good or bad emotions (referring to sounds), but it's important to be aware of the emotions they have.</p> <p><i>Opening (10 mins)</i></p> <p>Discuss with your child what is a superhero (e.g. super strong, brave, have superpowers). Tell them that we are all superheroes in our own ways and just need to discover our superpowers. Over the next three days, they will be in Superhero Academy to become the best superheroes they can!</p> <p>The first thing they have to do as superheroes is to build up their strength through the following exercises:</p> <p><b>Plank:</b> Lay face down on the ground with your hands lined with your shoulders. Then straighten your arms with your toes grounded to the floor, making your body into a straight line. Hold your body still and strong for as long as you can!</p> <p><b>Squats:</b> Begin in a squat, then bring hands up overhead and pretend to lift a car with all your might!</p> <p><i>Breathing/Meditation Exercise (5 mins)</i></p> <p><b>Batman Breath:</b> As you inhale, open your arms to the side bent at the elbow to make your arms into bat wings and lift one knee up. As you exhale, bring your hands together in front of you as if closing your wings around you and place your foot back on the ground. (x3)</p> <p><b>Wonder Woman Breath:</b> On the inhale, hold one hand over your head and pretend to spin a rope. As you exhale, pretend to throw the rope.</p> <p><i>Practice Activity (35 mins)</i></p> <p>We experience many emotions, and it's sometimes hard to identify and express them. This activity will help your child begin the process of emotion identification. Discuss each emotion and have them act it out.</p> <ul style="list-style-type: none"> <li>● Peaceful: sitting in a circle with eyes closed, take five deep breaths in through the nose and out through the mouth.</li> <li>● Anxious: sitting with legs bent in front, pat hands from head to feet, slowly and then quickly.</li> </ul>
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- Happy: Begin standing, crouch to pull all limbs as close as possible, before jumping up, reaching arms and legs out to stand in an X shape.
- Sneaky: lying on stomach, using head to lead the spine, wiggling side to side and up and down.
- Angry: on hands and knees reaching forward with arms while keeping feet planted, then planting hands and jumping feet to hands.
- Sad: on hands and feet slowly moving around the room using only one side of the body at a time.
- Excited: sit and reach across the body to wave to your neighbor, then reach the opposite direction across the body to wave to another friend.
- Overwhelmed: walking quickly around the room, spinning out of control.
- Content: standing, take five deep breaths in through your nose and out through your mouth.

You can then have your child provide a visualization, drawing a picture for each emotion.

E.g.



Happy



Sad



Angry

### Closing (5 mins)

**Flying Visualization:** Have the child lay down and close their eyes and say: *When I make a bell sound you will start to focus your attention to your breath.* Place your hands on your belly and feel how your belly rises as you inhale and falls as you exhale. Touch your rib cage and feel how it expands with your inhale and goes in with your exhale. Breathe in deeply for 1, 2, 3, 4, 5. Exhale slowly for 1, 2, 3, 4, 5. Now you will inhale silently (count to 5 in your head) and exhale silently (count to 5 in your head). Notice how your breath moves in and out of your body. When we are connected with our breath, we notice how it sounds and feels.

Now imagine you are a flying butterfly or buzzing bee, soaring over the cities. Imagine moving through the clouds and the sun's rays are coming through the fluffy clouds. These beams of soft light are gently touching your skin. Feel the connection between you and the sky.

		<p>Notice the sounds, the smell of fresh air, and the colors. Don't worry about anything, simply enjoy being present in this moment. Be here, right now, and continue to breathe. Stay with your breath</p>
2		<p><u>Topic: Self-management</u></p> <p>What did we learn yesterday? What did you remember the most from yesterday?</p> <p>Inquiry Question: Now that you have the ability to identify your emotions, do you have the power to calm and manage them?</p> <p>Today you will learn how to properly manage and express your thoughts and emotions in a healthy way.</p> <p><i>Opening (10 mins)</i></p> <p><b>Art:</b> Have them draw themselves as a superhero and tell you what superpower(s) they want.</p> <p>Can they connect their desired superpowers to existing strengths that they already have? Can they also identify areas in which they want to improve?</p> <p><i>Breathing/Meditation Exercise (5 mins)</i></p> <p>Discuss how challenges can feel like going up a mountain just like on a Roller Coaster and have your child/children do this exercise:</p> <p><b>Roller Coaster Breath:</b> Hold out your hand with your fingers outstretched. Place your pointer finger from your other hand at the bottom of your thumb. Inhale as you slowly bring your pointer to the top of your thumb and exhale as you move your pointer down your thumb. As your pointer finger traces your hand, imagine as if your finger were going up and down the hills of a roller coaster. Repeat with every finger. You can even make sound effects to exaggerate the breath as you do this exercise!</p> <p><i>Practice Activity (35 mins)</i></p> <p>Everyone faces unique challenges and obstacles in their lives and invents their own ways of moving past them. superheroes are great at overcoming obstacles!</p> <p>Practice overcoming obstacles by using objects in the room to create an obstacle course with ordinary household items such as cushions and</p>

		<p>other items safe for children.</p> <p>Have the children move through the course several times in one direction, and then switch directions. Ask them to vary their movement by moving through the course low to the ground, high above the ground, quickly, slowly, smoothly, or sharply. Suggest they crawl like lizards or jump like frogs through the course.</p> <p><b>Frog Jumps:</b> Squat down to a tiny frog, as you move forward jump and land back in your squat. Make sure you make a frog noise each time you jump!</p> <p><b>Lizard crawls:</b> Lizards move slow and close to the ground. Come to all fours and crawl like a lizard. Stick out your tongue and make a lizard noise to say hi!</p> <p><b>Snake Sliver:</b> Snakes sliver through the ground to move around. Try lying down, pinning your feet together and hands together ahead of you. Try slivering like a snake and wiggling your body to move forward!</p> <p>Now that you overcame obstacles, find an old bed sheet, towel, or a simple piece of cloth that your child can use as a cape. Have them do the following exercises with their capes on to gain self-confidence and super-strength!</p> <p><b>Flying Pose:</b> Let's learn to fly. Starting with both feet on the ground, you lower your torso to be parallel to the ground. Lift one leg back (bringing your torso and leg to a T like position parallel to the ground). Open your wings to the side. Repeat on the other side.</p> <p><i>Closing (5 mins)</i></p> <p><b>Superwoman's Visualization:</b> Have the child lay down and close their eyes and say: <i>When I chime bell, you will start to focus your attention on your breath.</i> Place your hands on your belly and feel how your belly rises as you inhale and falls as you exhale. Touch your rib cage and feel how it expands with your inhale and goes in with your exhale. Breath in deeply for 1, 2, 3, 4, 5. Exhale slowly for 1, 2, 3, 4, 5. Now you will inhale silently (count to 5 in your head) and exhale silently (count to 5 in your head). Notice how your breath moves in and out of your body. When we are connected with our breath, we notice how it sounds and feels.</p> <p>Now imagine you are sitting in a majestic forest, sitting at the foot of a huge tree that is giving you shade. Imagine the sun's rays are coming through the tree branches and reflecting on the flowers ahead. These beams of soft light are gently touching your skin. Feel the connection</p>
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		<p>between you and nature. Notice the sounds and sights of the forest, the birds chirping, the green leaves all around. Don't worry about anything, simply enjoy being present in this moment. Be here, right now, and continue to breathe. Stay with your breath.</p> <p><b>Some final thoughts:</b> Your child learned that strength is needed to overcome challenges, and they began to build that strength through the exercises. Remind them that they are strong, but they must not forget to be kind. Introduce tomorrow's topic of social awareness by asking your child how to do they want to change the world? Discuss more in detail tomorrow.</p>
3		<p><u>Topic: Social awareness</u></p> <p>What did we learn yesterday?</p> <p>Inquiry Question: Yesterday we learned that it is ok to have big emotions, and how you can use your breath to calm down when upset. Understanding how your actions can make others feel is very important in all of your relationships. Can you think of a time that you did something kind for someone that made them very happy?</p> <p>Today you will learn about social relationships and how to create a more peaceful society.</p> <p><i>Opening (10 mins)</i></p> <p><b>Let's Do This Together Game:</b> Everyone will be walking around. Have the caregiver call out what the children should do. For example, let's climb a tree - and everyone pretends to climb a tree. Let's swim in the ocean - and everyone pretends to swim in the ocean. Let's swing like monkeys - and everyone pretends to swing like monkeys, etc.</p> <p>Tell your child(ren) that today is the last day of Superhero Academy and that they will receive the cape they made yesterday. They are ready to make the world a better place. Ask them how they want to change the world.</p> <p><i>Breathing/Meditation Exercise (5 mins)</i></p> <p><b>Superman Breath:</b> As you inhale, make both of your hands into fists at your side. As you exhale, bring one arm out in front of you as if you were flying. Repeat twice.</p> <p><b>Flash Breath:</b> As you inhale, slowly lift one arm bent at the elbow, and the opposite leg also bent at the knee (as if you are running). As you exhale, slowly lower your arm and leg to the ground. Repeat on the other side and as necessary.</p>



	<p><i>Practice Activity (35 mins)</i></p> <p><b>Superhero Flow:</b></p> <ul style="list-style-type: none"><li>● Crescent Moon Pose: Superheroes need to learn how to fly. Start in Crescent Lunge, and then bring one hand down to the floor and try to lift the back leg up. Lift the top arm up to the sky as we practice flying! Switch Sides.</li><li>● Flying Pose: Let's see if our practice of flying really helps us fly. We lift one leg back and open our wings to the side. Repeat on the other side. Tie on your cape, let's take off. Allow child/children to fly around the room.</li><li>● Flying Low: Land on your bellies on your mat. See if you can fly while lying on the floor (Locust Pose). This pose makes our backs super strong. Lift arms and legs with an inhale. Try to keep legs together and bring your upper body off the ground one more inch. Come down on an exhale.</li><li>● Superhero pose: Make up your own pose!</li></ul> <p><b>Spiderman Super Sense:</b></p> <p>Come to a comfortable sitting position in a circle. You will need several family members to form a circle. Use an object like a flower, leaf, or pom pom.</p> <ul style="list-style-type: none"><li>● Pass the object around the class first, but with your eyes closed so you can feel it. Notice what it feels like and imagine it in your mind.</li><li>● Pass the object around the circle, but now with eyes open. Notice what it looks like, the color, the shape, the bumps and curves of the object.</li><li>● Choose a person to be Spiderman.</li><li>● Spiderman leaves the circle and closes his eyes while someone hides the object under their bottom.</li><li>● Spiderman is asked to take a breath and imagine where the item may be. With this sense activated, can he locate it?</li></ul> <p><i>Closing</i></p> <p>Congratulate your child for completing Superhero Academy! Ceremoniously place the cape on your child. Have them say: "I am NAME and I am a superhero! I am ready to make the world a better place!"</p> <p><b>Role-play:</b> Have your child give a thank you speech to their big audience (create an auditorium using household items and pretend to use a microphone) and explain how they will change the world!</p>
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Assessment Criteria:	Observations & Interactions

Learning outcomes:	Social Emotional Learning, Building Self-Confidence, Social-Awareness
Required previous learning:	None
Inspiration:	Inner Strength
Additional enrichment activities:	Have them draw themselves as a superhero and tell you what superpower(s) they want. Connect their desired superpowers to existing strengths that they already have. Tell them that every person also has areas in which they want to improve and ask what they want to do better.

## WHEEL OF EMOTIONS

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Help your kids learn to identify their feelings with this emotion wheel.

Start with the inside wheel for younger kids, then move to the outer wheel as they get older to help them understand their emotions better.



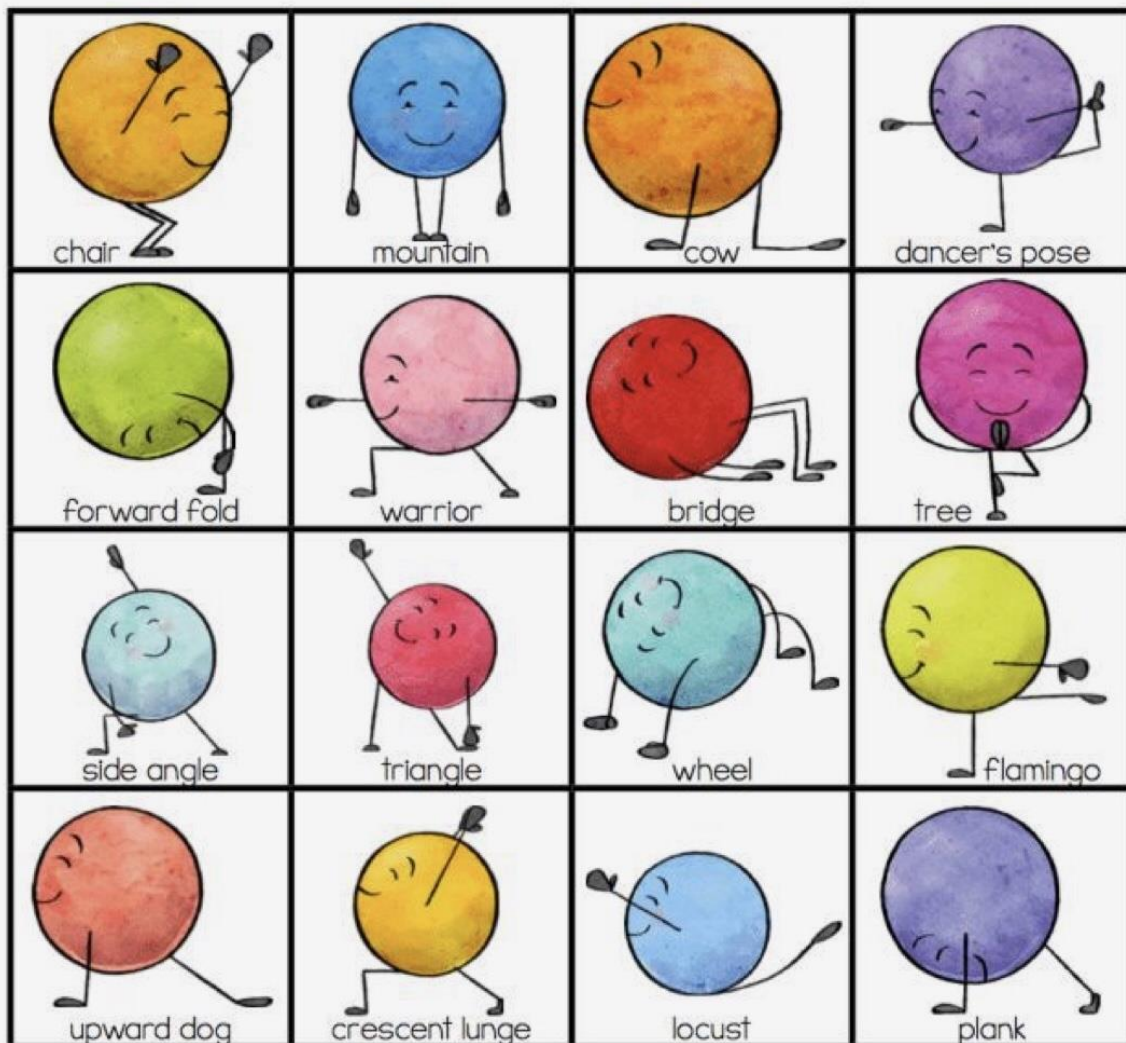
## YOGA POSES





## YOGA BINGO

# YOGA BINGO



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AMAL ALLIANCE  
EMPOWERING GLOBAL CITIZENS

التعليم  
فوق  
الجميع | education  
above  
all

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EAA welcomes feedback on its projects in order to improve, please use this link:  
<https://forms.gle/LGAP9k17fMyJrKJN7>

### Ages 11 to 14 (Level 3)

<b>Description:</b>	Learner will gain a greater understanding of their emotions to create better social relationships
<b>Leading question:</b>	How can I become the best version of myself and change the world?
<b>Age group:</b>	11 to 14
<b>Subjects:</b>	Social Emotional Learning, Resilience & Empowerment
<b>Total time required:</b>	60 mins/day over 3 days
<b>Self-guided / Supervised activity:</b>	Self-guided
<b>Resources required:</b>	Journal or Paper & Pen, Mat (only if available)

Day	Time	Activity and Description
1		<p><u>Topic: Self-awareness</u></p> <p>Inquiry Question: Can you identify what you are feeling? Are you happy, sad, anxious, etc? Take a look at the <a href="#">Defend Innocence Emotions Wheel</a> to help you out.</p> <p>Today you will gain a greater understanding of themselves and learn about emotions.</p> <p><b>Super Crab &amp; Super Bear Race</b> Set up two lines on both sides of the room. You will need some family members to join for this fun race. Have some individuals line up on a line on one side. They will “bear” walk over to the other side, and the others will crab walk back. Let’s see who can cross the finish line first!</p> <p><i>Opening (10 mins)</i></p> <p>Reflect on what it means to be a superhero. We are all superheroes in our own ways. Can you identify people in your community you think are superheroes? What do they do?</p> <p>Write down some thoughts in your journal.</p> <p>You will be in Superhero Academy for the next three days, gaining the skills you need to become the best version of yourself.</p> <p>The first thing they have to do as superheroes is to build up their strength through the following exercises:</p> <p><b>Plank:</b> Lay face down on the ground with your hands lined with your shoulders. Then straighten your arms with your toes grounded to the</p>





	<p>floor, making your body into a straight line. Hold your body still and strong for as long as you can!</p> <p><b>Squats:</b> Begin in a squat, then bring hands up overhead and pretend to lift a car with all your might!</p> <p><i>Breathing/Meditation Exercise (5 mins)</i></p> <p><b>Batman Breath:</b> As you inhale, open your arms to the side bent at the elbow to make your arms into bat wings and lift one knee up. As you exhale, bring your hands together in front of you as if closing your wings around you and place your foot back on the ground. (x3)</p> <p><b>Wonder Woman Breath:</b> On the inhale, hold one hand over your head and pretend to spin a rope. As you exhale, pretend to throw the rope.</p> <p><i>Practice Activity (35 mins)</i></p> <p><b>Superhero Flow:</b></p> <ul style="list-style-type: none"><li>● Crescent Moon Pose: Superheroes need to learn how to fly. Start in Crescent Lunge, and then bring one hand down to the floor and try to lift the back leg up. Lift the top arm up to the sky as we practice flying! Switch Sides.</li><li>● Flying Pose: Let's see if our practice of flying really helps us fly. We lift one leg back and open our wings to the side. Repeat on the other side. Tie on your cape, let's take off. Allow child/children to fly around the room.</li><li>● Flying Low: Land on your bellies on your mat. See if you can fly while lying on the floor (Locust Pose). This pose makes our backs super strong. Lift arms and legs with an inhale. Try to keep your legs straight and pinned together. Challenge yourself by lifting your upper body higher off the ground. Come down on an exhale.</li><li>● Superhero pose: Make up your own pose!</li></ul> <p><b>Spiderman Super Sense:</b></p> <p>Come to a comfortable sitting position in a circle. You will need several family members to form a circle. Use an object like a flower, leaf, or pom pom.</p> <ul style="list-style-type: none"><li>● Pass the object around the class first, but with your eyes closed so you can feel it. Notice what it feels like and imagine it in your mind.</li><li>● Pass the object around the circle, but now with eyes open. Notice what it looks like, the color, the shape, the bumps and curves of the object.</li><li>● Choose a person to be Spiderman.</li></ul>
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		<ul style="list-style-type: none"> <li>● Spiderman leaves the circle and closes his eyes while someone hides the object under their bottom.</li> <li>● Spiderman is asked to take a breath and imagine where the item may be. With this sense activated, can he locate it?</li> </ul> <p><i>Closing (5 mins)</i></p> <p>Introduce Mindfulness - being aware of your thoughts, feelings, bodily sensations, and surrounding environment through a gentle and nurturing lens. You can mention that when you practice mindfulness, our thoughts focus solely on what we are sensing in the present moment.</p> <p><b>Mindful Moment:</b> Sit in a comfortable position and gently close your eyes. Focus on your breath by inhaling for 10 counts and exhaling for 10 counts. Repeat this 3 times. By counting the breaths your mind is solely focused on this activity.</p> <p><b>Reflection:</b> Over the next three days, you will build a concrete plan to change the world. Today, make at least three goals of how you would like to make the world a better place.</p>
2		<p><u>Topic: Self-management</u></p> <p>What did we learn yesterday? What did you remember the most from yesterday?</p> <p>Inquiry Question: Now that you have the ability to identify your emotions, do you have the power to calm and manage the big emotions?</p> <p>Today you will learn how to properly manage and express your thoughts and emotions in a healthy way.</p> <p><b>Follow the Leader Shakes:</b> The caregiver directs the child to shake a particular part of the body. Shake your arm for example. Do this several times to energize the body.</p> <p><i>Opening (10 mins)</i></p> <p>Spend some time reflecting on your strengths. Imagine these are your superpowers.</p> <p>Now, reflect on areas you wish to improve and set some goals. Think about how you can achieve those goals. Can you think of people that have this strength, perhaps someone you thought of in yesterday day's opening exercise?</p> <p>Write down some thoughts in your journal.</p>

	<p><i>Breathing/Meditation Exercise (5 mins)</i></p> <p>Think about the good times in your life and the challenges you have faced. Reflect on how you were able to overcome those challenges and do the short exercise.</p> <p><b>Roller Coaster Breath:</b> Hold out your hand with your fingers outstretched. Place your pointer finger from your other hand at the bottom of your thumb. Inhale as you slowly bring your pointer to the top of your thumb and exhale as you move your pointer down your thumb. As your pointer finger traces your hand, imagine as if your finger were going up and down the hills of a roller coaster. Repeat with every finger. You can even make sound effects to exaggerate the breath as you do this exercise!</p> <p><i>Practice Activity (35 mins)</i></p> <p>Creating a place within ourselves involves strengthening our ability to turn inward. We will practice this by strengthening our core today.</p> <ul style="list-style-type: none"> <li>● Hands and knees → cat/cow → inhale right leg and left arm, exhale knee to elbow (repeat 2x), switch legs → downward dog</li> <li>● Mountain pose at the back of the mat → walk out to downward dog (repeat 3 times)</li> <li>● Inhale right leg up, exhale bring knee to nose, inhale back, exhale knee to right elbow, inhale back, exhale knee across chest to left elbow (repeat on each side)</li> <li>● Sit on mat, prepare for boat pose</li> <li>● Reclined butterfly to wind down</li> </ul> <p><i>Closing (5 mins)</i></p> <p>Re-introduce Mindfulness - being aware of your thoughts, feelings, bodily sensations, and surrounding environment through a gentle and nurturing lens. You can mention that when you practice mindfulness, our thoughts focus solely on what we are sensing in the present moment.</p> <p><b>Mindful Moment:</b> Sit in a comfortable position and gently close your eyes. Focus on your breath by inhaling for 10 counts and exhaling for 10 counts. Repeat this 3 times. By counting the breaths your mind is solely focused on this activity.</p> <p><b>Reflection:</b> Read the goals that you wrote in your journal yesterday. Make actionable items of how you will reach that goal.</p>
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3		<p><u>Topic: Social awareness</u></p> <p>What did we learn yesterday?</p> <p>Inquiry Question: Yesterday we learned that it is ok to be upset, and you can manage those big emotions to calm down when upset. Understanding how your actions can make others feel is very important in all of your relationships. Can you think of a time that you did something kind for someone that made them very happy? What about a time you did something that was very hurtful to someone?</p> <p>Today you will learn about social relationships and how to create a more peaceful society.</p> <p><i>Opening (10 mins)</i></p> <p>Mirror Game: Have your child stand facing you. Begin by moving your arms, legs, or head in various positions. Whoever starts the moves is the leader. The other person follows their lead by copying them just like looking in a mirror. After a while, the leader can become the follower.</p> <p>Congratulations! Today is your last day at Superhero Academy, and you are ready to make the world a better place! Reflect on how you want to make a difference. Write down some thoughts in your journal.</p> <p><i>Breathing/Meditation Exercise (5 mins)</i></p> <p><b>Superman Breath:</b> As you inhale, make both of your hands into fists at your side. As you exhale, bring one arm out in front of you as if you were flying. Repeat twice.</p> <p><b>Flash Breath:</b> Although Flash is very fast, here he is trying to slow down. Slow your movement and breath to reflect this. As you inhale, slowly lift one arm bent at the elbow, and the opposite leg also bent at the knee (as if you are running). As you exhale, slowly lower your arm and leg to the ground. Repeat on the other side and as necessary.</p> <p><i>Practice Activity (35 mins)</i></p> <p>Just as you can turn inward with your breath, you can connect to others by practicing partner breath. Start with yesterday's flow.</p> <p><b>Inward Flow:</b> Creating a place within ourselves involves strengthening our ability to turn inward. We will practice this by strengthening our core today.</p>
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Assessment Criteria:		Observations & Interactions

Learning outcomes:	Social Emotional Learning, Building Self-Confidence, Social-Awareness
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Required previous learning:	None
Inspiration:	Inner Strength
Additional enrichment activities:	Have them draw themselves as a superhero and tell you what superpower(s) they want. Connect their desired superpowers to existing strengths that they already have. Tell them that every person also has areas in which they want to improve, and ask what they want to do better.



## WHEEL OF EMOTIONS

# WHEEL OF EMOTIONS

Help your kids learn to identify their feelings with this emotion wheel.

Start with the inside wheel for younger kids, then move to the outer wheel as they get older to help them understand their emotions better.



## YOGA POSES

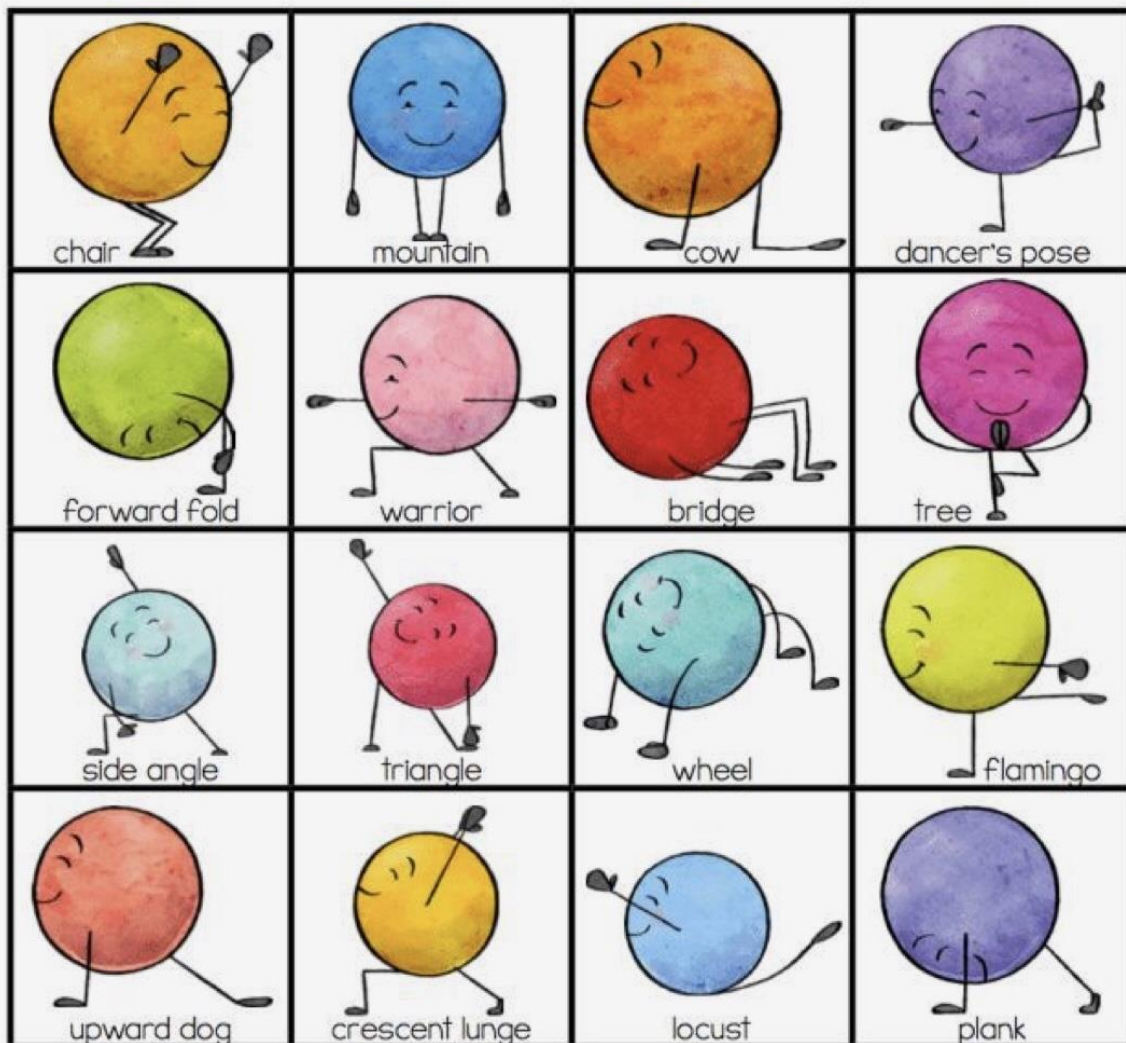






## YOGA BINGO

# YOGA BINGO



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