



## YOU ARE A SUPERHERO! (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>Total Time Required</b>	60 mins/day over 3 days
<b>Supplies Required</b>	Paper & Colors or Pen, Mat and ball (only if available)
<b>Learning Outcomes</b>	<ol style="list-style-type: none"><li>1. Social Emotional Learning</li><li>2. Building Self-Confidence</li><li>3. Social-Awareness</li></ol>
<b>Previous Learning</b>	None

## DAY 1

Today you will gain a greater understanding of yourself and learn about emotions.

<b>Suggested Duration</b>	<b>Activity and Description</b>
<b>5 minutes</b>	<ul style="list-style-type: none"><li>• Can you identify 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.</li></ul>
<b>15 minutes</b>	<ul style="list-style-type: none"><li>• Energizing Game:</li><li>• Super Crab and Super Bear Race</li><li>• Set up two lines on both sides of the room. You will need some family members to join for this fun race.</li><li>• 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.</li><li>• Let’s see who can cross the finish line first!</li></ul>
<b>10 minutes</b>	<ul style="list-style-type: none"><li>• What is a superhero?</li></ul>

EAA welcomes feedback on its projects in order to improve, please use this link:

<https://forms.gle/LGAP9k17fMyJrKJN7>



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- Can you identify people in your community you think are superheroes? What do they do?
  - Over the next three days, you will be in Superhero Academy to become the best superheroes you can!
  - First thing you have to do as superheroes is to build up your strength through the following exercises:
  - Plank
  - 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!
  - Squats
  - Begin in a squat, then bring hands up overhead and pretend to lift a car with all your might!

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#### 5 minutes

- Batman Breath:
- 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)
- Wonder Woman Breath:
- On the inhale, hold one hand over your head and pretend to spin a rope. As you exhale, pretend to throw the rope.

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#### 35 minutes

- [Superhero Flow:](#)
  - 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.
  - 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.
  - 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.
  - Superhero pose: Make up your own pose!
- Spiderman Super Sense
- 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.



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- 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.
  - 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.
  - Choose a person to be Spiderman.
  - Spiderman leaves the circle and closes his eyes while someone hides the object under their bottom.
  - Spiderman is asked to take a breath and imagine where the item may be. With this sense activated, can he locate it?

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**5 minutes**

- Mindful Moment:
- 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.
- Make 3 goals of how you would like to make the world a better place.

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## DAY 2

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Today you will learn how to properly manage and express your thoughts and emotions in a healthy way.

**Suggested  
Duration**

**Activity and Description**

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**10 minutes**

- 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?
- Write this down on a piece of paper or a journal

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**5 minutes**

- Roller Coaster Breath
  - 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.
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	<ul style="list-style-type: none"><li>• You can even make sound effects to exaggerate the breath as you do this exercise!</li></ul>
<b>35 minutes</b>	<ul style="list-style-type: none"><li>• Create a place within yourself that involves strengthening your ability to turn inward.</li><li>• We will practice strengthening our <a href="#">core today</a>.<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></li></ul>
<b>5 minutes</b>	<ul style="list-style-type: none"><li>• Sit in a comfortable position and gently close your eyes.</li><li>• Focus on your breath by inhaling for 10 counts and exhaling for 10 counts.</li><li>• Repeat this 3 times.</li><li>• By counting the breaths your mind is solely focused on this activity.</li><li>• Read the goals you wrote down yesterday, and make an action list of how you will reach the goals.</li></ul>

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## DAY 3

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Today you will learn about social relationships and how to create a more peaceful society.

<b>Suggested Duration</b>	<b>Activity and Description</b>
<b>10 minutes</b>	<ul style="list-style-type: none"><li>• Mirror Game:<ul style="list-style-type: none"><li>• Stand in front of someone else and begin moving your arms, legs or head in different positions.</li><li>• Whoever starts is the leader, after a while switch the leader to the other person.</li></ul></li></ul>
<b>5 minutes</b>	<ul style="list-style-type: none"><li>• Superman Breath<ul style="list-style-type: none"><li>• 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.</li></ul></li><li>• Flash Breath</li></ul>

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	<ul style="list-style-type: none"><li>● 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.</li></ul>
<b>35 minutes</b>	<ul style="list-style-type: none"><li>● Start with <a href="#">yesterday's flow</a>.</li><li>● Partner breathing</li><li>● The parent/educator meets the learner back to back.</li><li>● Once sitting back to back, close your eyes and focus internally on your breath. Breathe deeply for at least 5 rounds.</li><li>● Notice how your breath syncs with that of your partner. Try breathing fast, slow, and in various ways together.</li><li>● Focus question: What did you notice about doing this exercise with a partner? Were you able to still keep the focus on yourself?</li></ul>
<b>10 minutes</b>	<ul style="list-style-type: none"><li>● You have completed your personal training at the Superhero Academy! Congratulations</li><li>● In your journal, state your name, your superpower, and how you are going to make the world a better place! Challenge yourself to draw what you are feeling. If you feel comfortable sharing with your friends and family, please do.</li></ul>

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## ASSESSMENT CRITERIA

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- Observation and Interactions

## ADDITIONAL ENRICHMENT ACTIVITIES

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- Draw yourself as a superhero and write what type of superpowers you want.
- What would you like to do better? What do you want to improve in your superhero?



## 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.





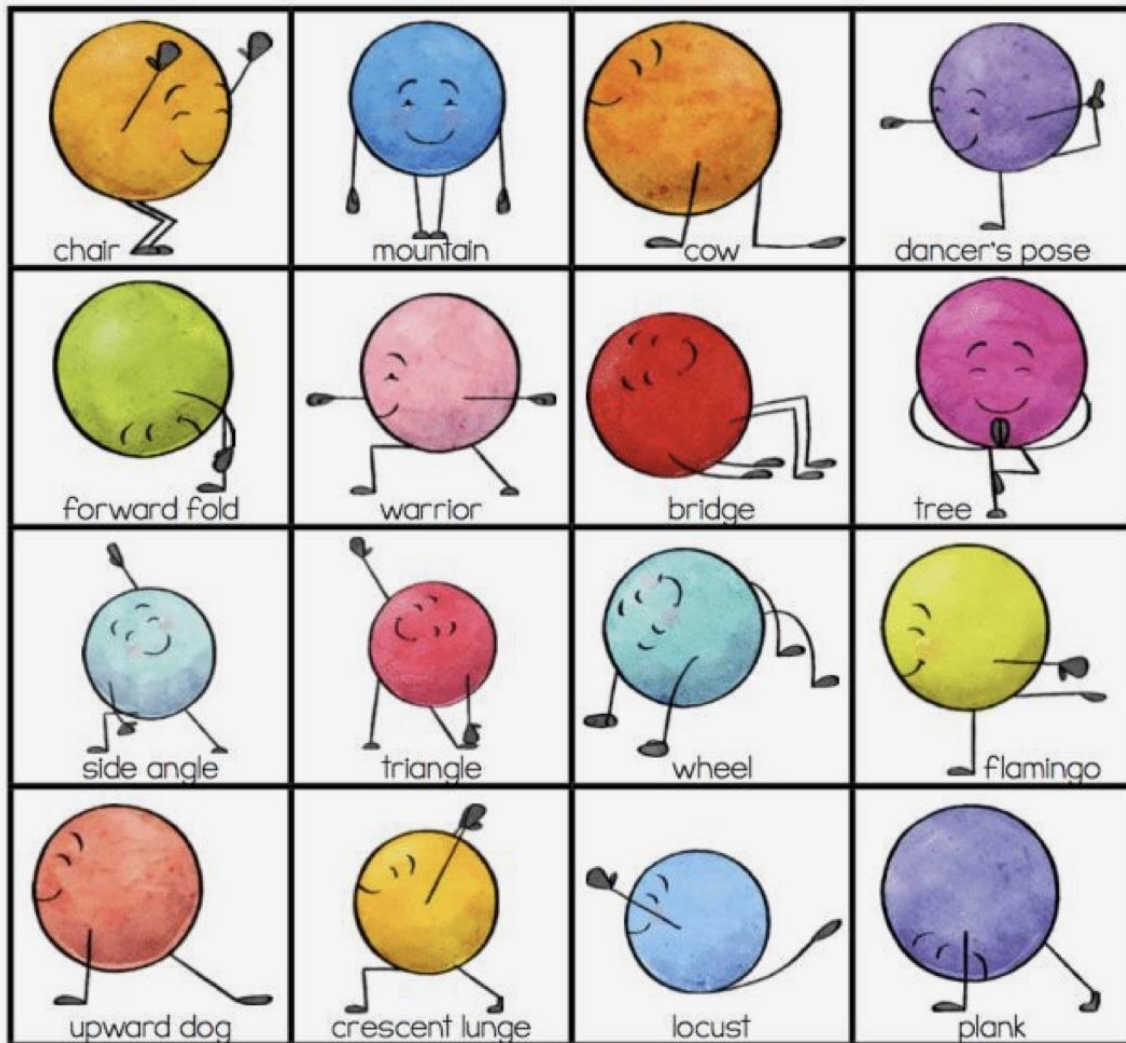
## YOGA POSES





## YOGA BINGO

# YOGA BINGO



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