

## YOU ARE A SUPERHERO! (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>Total Time Required</b> | 60 mins/day over 3 days  |
| <b>Supplies Required</b>   | Fabric (old bed sheet, towel, cloth) and paint or crayons  |
| <b>Learning Outcomes</b>   | <ol style="list-style-type: none"> <li>1. Social Emotional Learning</li> <li>2. Building Self-Confidence</li> <li>3. Self-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>• Begin by making a happy face, silly face, surprised face, an angry face, excited face, frustrated face, and a sad face</li> <li>• Thunderstorm Game:               <ol style="list-style-type: none"> <li>1. Start by rubbing hands together.</li> <li>2. Rub hands together a bit faster.</li> <li>3. Start to snap fingers.</li> <li>4. Snap fingers more intensely.</li> <li>5. Pat legs with hands.</li> <li>6. Pat legs more intensely.</li> </ol> </li> </ul> |

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

<https://forms.gle/LGAP9k17fMyJrKJN7>

7. Point to and jump and stomp.
  8. Pat legs with hands.
  9. Snap fingers.
  10. Rub hands together.
- <https://www.youtube.com/watch?v=VOU5gAFV9v8>
  - Did you notice how the storm got louder, but we were then able to calm it back down?
  - 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!

**10 minutes**

- What is a superhero?
- 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:
- Flash Runs:
- 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.

**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.

**35 minutes**

- We experience many emotions, and it's sometimes hard to identify and express them. Discuss each emotion and act it out.
- Peaceful
- Anxious
- Happy
- Sneaky
- Angry
- Sad
- Excited
- Overwhelmed
- Content

**5 minutes**

- How are you feeling after the first day of Superhero Academy? What are your thoughts and feelings?



- 
- Breathe in deeply. And as you breathe out, say to yourself “I am brave, I am strong, I am peaceful.”
- 

## DAY 2

---

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

| Suggested Duration | Activity and Description  |
|--------------------|---|
| 10 minutes         | <ul style="list-style-type: none"><li>● Angry Monster Freeze Dance</li><li>● Today you will try to understand the Angry Monsters by pretending to be them.</li><li>● Pretend to be “Angry Monsters” while playing music - stomping around, growling.</li><li>● When the music stops, freeze and take a big deep breath together.</li><li>● Repeat a few times.</li><li>● Its 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!</li></ul>    |
| 5 minutes          | <ul style="list-style-type: none"><li>● Roller Coaster Breath</li><li>● 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.</li><li>● As your pointer finger traces your hand, imagine as if your finger were going up and down the hills of a roller coaster.</li><li>● Repeat with every finger.</li><li>● You can even make sound effects to exaggerate the breath as you do this exercise!</li></ul> |
| 35 minutes         | <ul style="list-style-type: none"><li>● Practice overcoming obstacles by using objects in the room to create an obstacle course with ordinary household items such as cushions and other safe items.</li><li>● Move through the course and then switch directions.</li><li>● Crawl like lizards or jump like frogs through the course.</li><li>● Frog Jumps<ul style="list-style-type: none"><li>- 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!</li></ul></li></ul>   |



|                  |   |
|------------------|---|
|                  | <ul style="list-style-type: none"> <li>● Lizard Crawls           <ul style="list-style-type: none"> <li>- 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.</li> </ul> </li> <li>● Snake Sliver           <ul style="list-style-type: none"> <li>- 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!</li> </ul> </li> <li>● Now find an old bed sheet, towel, or a simple piece of cloth to use as a cape. Do the following exercises with the capes on to gain self-confidence and super-strength!</li> <li>● Flying Pose (Flamingo on <a href="#">Yoga Bingo</a>)</li> </ul> |
| <b>5 minutes</b> | <ul style="list-style-type: none"> <li>● Breathe in deeply. And as you breathe out, say to yourself “I am brave, I am strong, I am peaceful.”</li> <li>● Today you learned that strength is needed to overcome challenges and began to build that strength through the exercises.</li> </ul>  |

## DAY 3

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>● We are going to play Follow the Leader</li> <li>● Educator will be the first leader and will instruct the learner in basic movement and stretches. Then the learner can volunteer to be the leader.</li> <li>● You have to lead without talking!</li> <li>● Today is the last day of Superhero Academy and you will receive the cape made yesterday. You are ready to make the world a better place.</li> <li>● How do you want to change the world?</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           <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</li> </ul> </li> </ul> |

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

<https://forms.gle/LGAP9k17fMyJrKJN7>



---

exhale, slowly lower your arm and leg to the ground. Repeat on the other side and as necessary.

---

**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.
    - 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?
- 

**10 minutes**

- Before graduating from Superhero Academy, let's draw how we are feeling about having finished Superhero Academy!
  - Say: "I am NAME and I am a superhero! I am ready to make the world a better place!"
  - Give a thank you speech to your family and explain how you will change the world!
- 

## ASSESSMENT CRITERIA

---

- Observation and Interactions



## ADDITIONAL ENRICHMENT ACTIVITIES

---

- 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.



defend  
innocence

## YOGA POSES



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

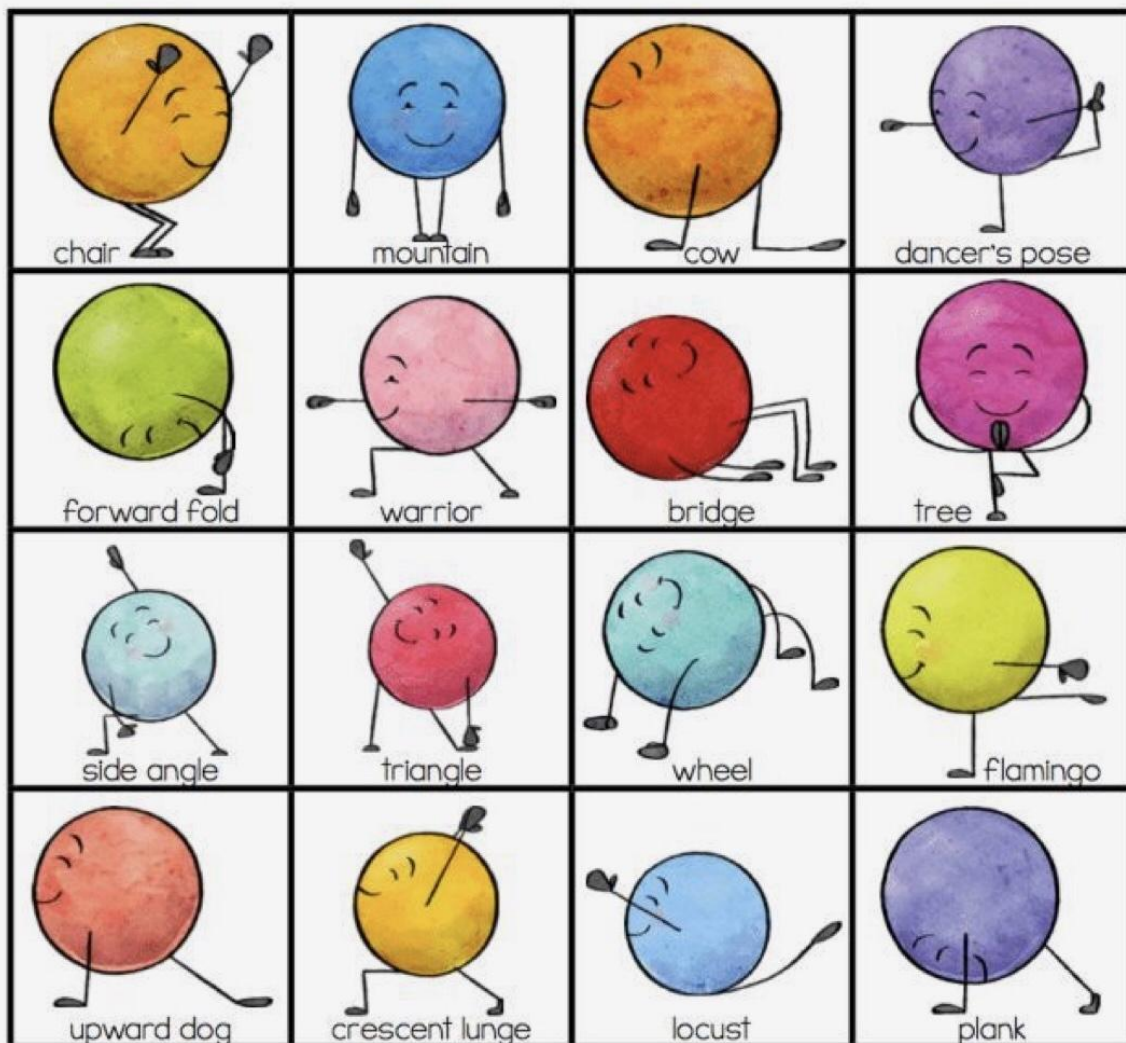
<https://forms.gle/LGAP9k17fMyJrKJN7>





## YOGA BINGO

# YOGA BINGO



(c) One-Stop Counselling Shop



AMAL ALLIANCE  
EMPOWERING GLOBAL CITIZENS

التعليم  
فوق  
الجميع | education  
above  
all

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