



## YOU ARE A SUPERHERO! (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>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>• Sound Ball:</li><li>• Stand in a circle with an imaginary ball.</li><li>• You will throw the ball around, but before you throw the ball you have to make a special sound.</li><li>• When you get the ball you have to copy the sound the person who threw the ball to you made.</li></ul>
<b>10 minutes</b>	<ul style="list-style-type: none"><li>• What is a superhero?</li><li>• Over the next three days, you will be in Superhero Academy to become the best superheroes you can!</li></ul>

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- 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**

- 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
- Draw a picture for each emotion.

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**5 minutes**

- Flying Visualization
- Lay down and close your eyes
- 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.



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- 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. Feel the connection between you and the sky. 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
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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
10 minutes	<ul style="list-style-type: none"><li>● Art: draw yourself as a superhero and write what superpowers you would have.</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><li>● Lizard Crawls</li></ul>

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- 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.
- Snake Sliver
  - 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!
- 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!
- Flying Pose (Flamingo on [Yoga Bingo](#))

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### 5 minutes

- Superwoman's Visualization:
- Lay down and close your eyes
- 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.
- 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 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.

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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.

### Suggested Duration

### Activity and Description

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**10 minutes**

- Let's Do This Together Game:
- Everyone will be walking around.
- The educator will 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
- Today is the last day of Superhero Academy and that you will receive the cape you made yesterday. You are ready to make the world a better place. How do you want to change the world?

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**5 minutes**

- Superman Breath
- 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.
- Flash Breath
- 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.

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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.
  - 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.



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- 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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**10 minutes**

- 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!

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## ASSESSMENT CRITERIA

- Observation and Interactions

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## 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



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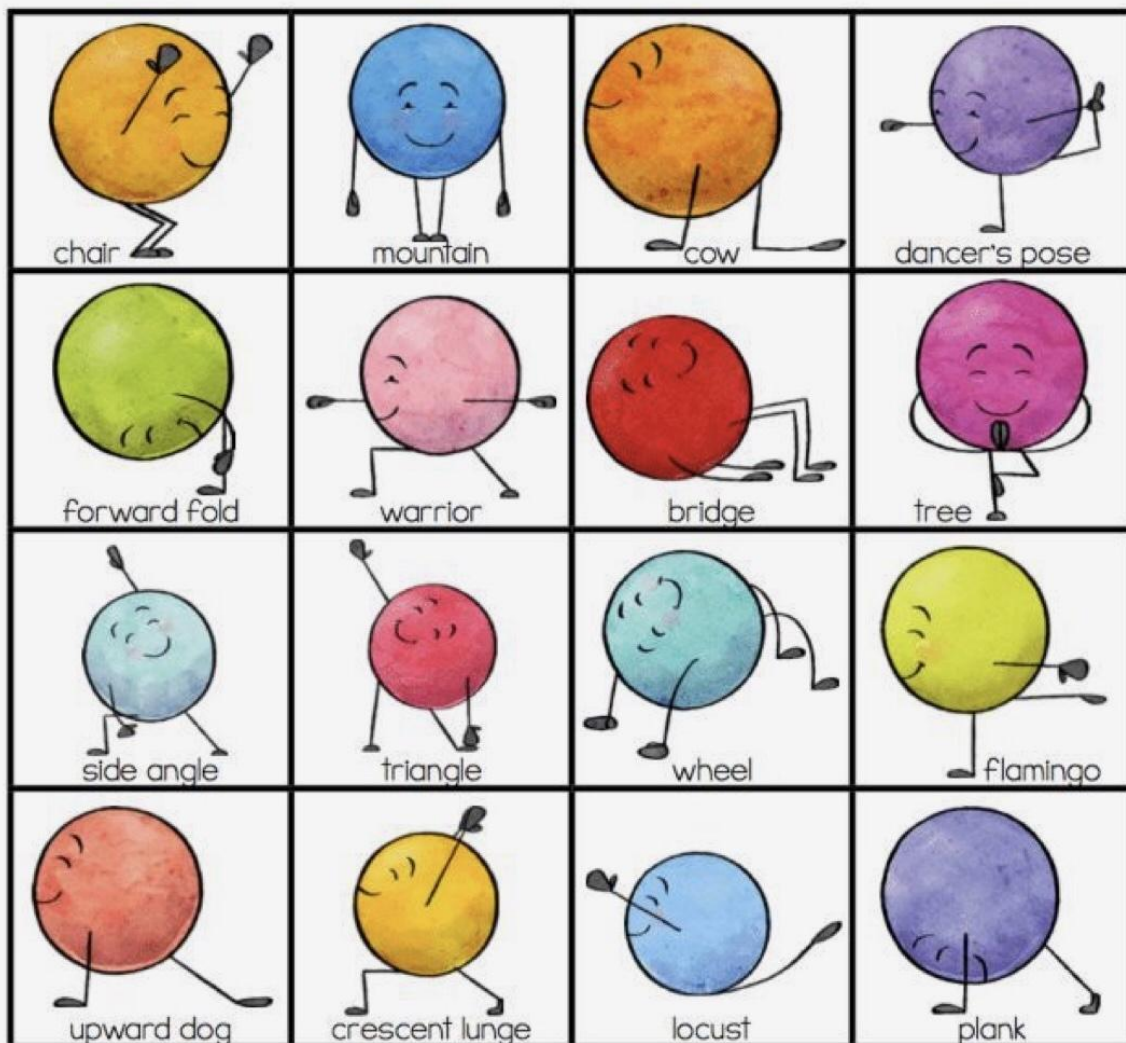
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## YOGA BINGO

# YOGA BINGO



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