

Theme Days – A Guide for Parents and Carers

Theme days are a great way of passing the time when you know you're going to be staying at home for the day. You can base most of your activities for the day around the theme and there's a great mix of ideas. Some of these ideas will need adult input and some can be completed independently.

Many of the activities can be done with no prior preparation but if you're planning ahead some of these ideas will help you to prepare:

- Look at the contents of the **Superhero Themed Day Activity Pack** to find plenty of resources you can use.
- Visit the library and borrow the books and DVDs you need to carry out the activity.
- Look around the house for art and craft equipment (scraps of fabric and paper, buttons, tubs, tubes and boxes). If you need more, bags of mixed craft supplies are available cheaply from craft and discount stores.
- If you plan to fit your meals with the theme, make sure you have what you need in the fridge and cupboards.
- Invite one of your child's friends over for the day to join the fun.

During the day:

- Discuss what activities you want to do in advance.
- Involve everyone in tidying up after each activity so that you can move on to the next.
- Think about when to do the activities, in order to suit your child's (and your) energy levels.
- Have fun!



Planning a Superhero Day

Create a Superhero

What powers will your superhero have? What does the world need? Use the **My Superhero** sheet to design a new superhero. Then, design a **Call Sign**, **Mask** and **Outfit**.

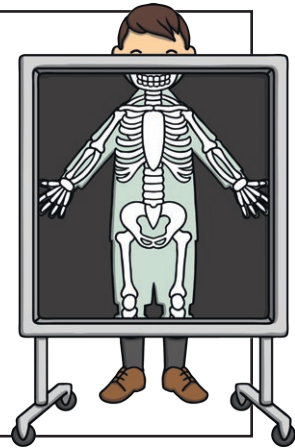


Make a Superhero Power Smoothie

Blend together a banana, a pot of yoghurt, a handful of ice and a couple of handfuls of your favourite fruits, for a power smoothie fit for any superhero.

Test Your X-Ray Vision

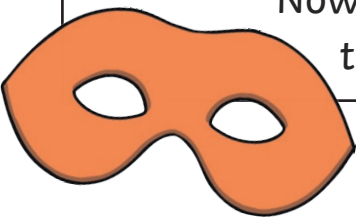
Put a selection of items on a tray and let the children look at it for 2 minutes, trying to memorise as many as they can. After 2 minutes, cover the tray with a cloth and challenge everyone to write down or shout out as many items as they can. Alternatively, take one item away in secret, show the tray again and see who can guess what is missing.



Design a Superhero Costume and Mask

Use the **Design a Superhero** activity sheet in this pack to create a costume for your superhero. Use pens, pencils, paints or collage to create your costume.

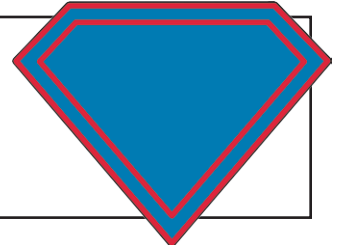
Now, use the **Design a Superhero Mask** sheet to make a mask that you can wear as well.



Planning a Superhero Day

Design a Call Sign

Design a **Call Sign** that can be beamed into the sky at night so that your superhero knows the nation needs him or her.



Watch a Superhero Movie

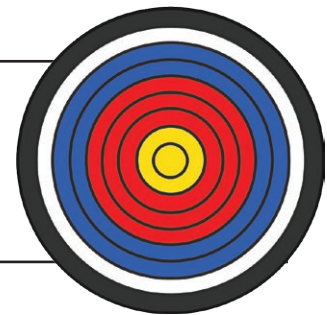
'The Incredibles' is the obvious choice here but many superheroes have their own movies - try Superman, Iron Man, Batman (the earlier ones are more suitable for young children) or Spiderman.

The Marvel Cinematic Universe franchise also contains some great superhero movies.



Play a Superhero Aiming Game

Superheroes need good aim so try throwing beanbags or rolled up balls of paper into a bucket or at a target.



Real Superheroes Don't Wear Cloaks!

Have a discussion with your family about what makes a real-life superhero. Think about some well-known people or people that you know who you think deserve the title superhero. Write some sentences explaining why you think this person deserves the title superhero!

