



SUPER HERO HOME LEARNING

Activities for all ages



Save the Children

DESIGN YOUR OWN SUPER HERO COSTUME

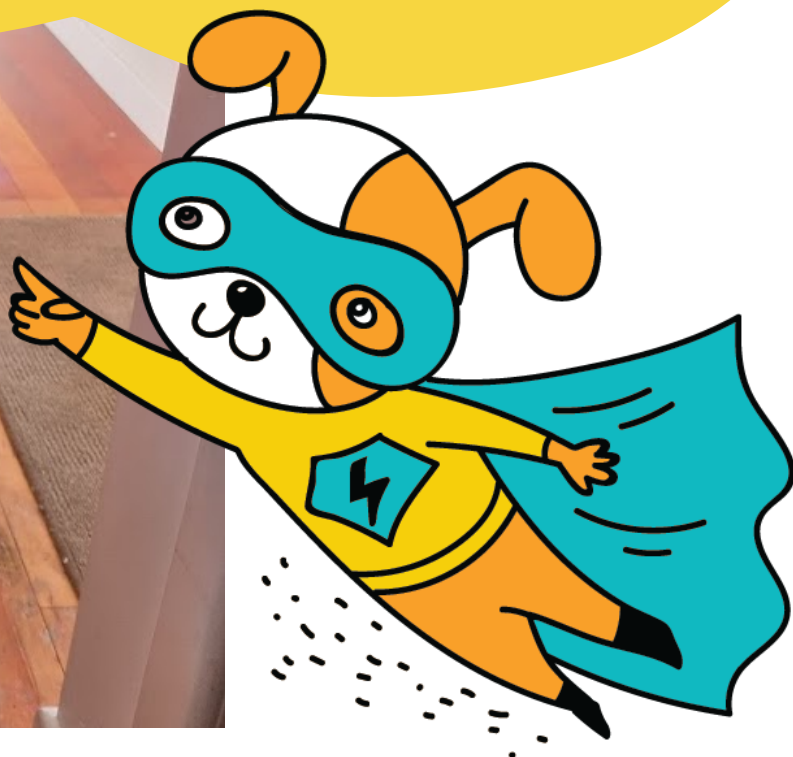
Save the Children believes all kiwi kids are super heroes. They stick to their bubbles, stay home, and keep us all safe! This lockdown, see what you can find around the house to design your own super hero costume!

Share your costumes with us using the # kiwikidsaresuperheroes or email to education@scnz.org.nz.

Photos of super hero costumes will be shared on Save the Children NZ social media channels. By submitting photos you are giving permission for photo sharing.



"I'm Super Star Sophie!
My powers are strength, being kind, and using my imagination so my Mum doesn't get bored in lockdown. When I press the stars on my arm band it calls HQ"

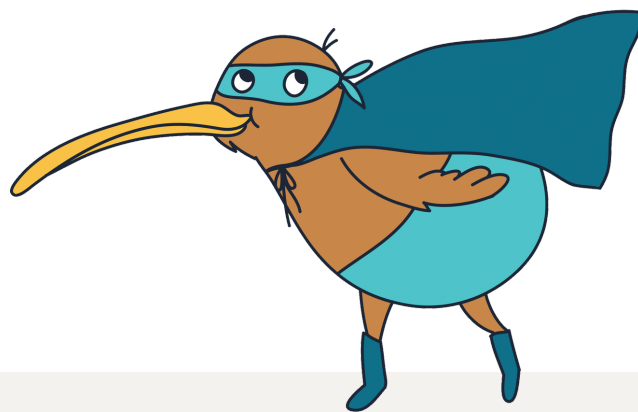


SUPER HERO MASK

For little people faces

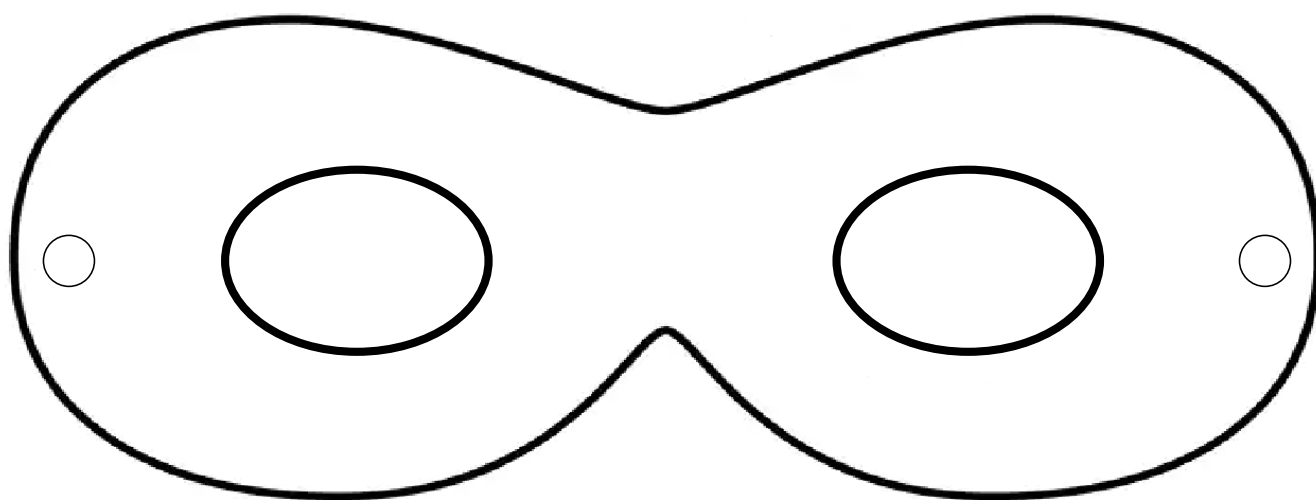


Save the Children



Every **super-hero** needs an **amazing** mask! Design your super-hero mask and get creative - stick, add, colour and glue anything you can think of to make your mask as **incredible** and **unique** as you!

***Print** on card, or **glue onto card then cut** (use old cereal boxes to help the planet!). Ask an adult to cut the eye holes and string holes. Tie elastic or string.*



SUPER HERO MASK

For big people faces

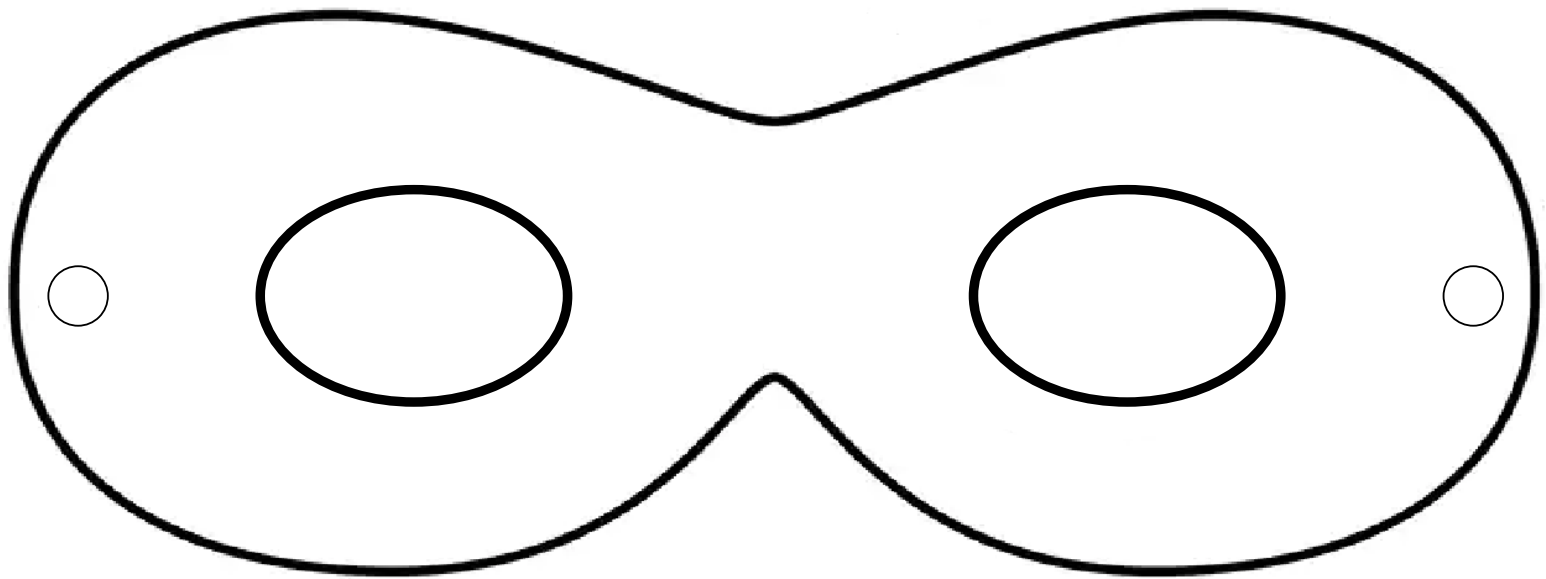


Save the Children



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*Print on card or **glue onto card then cut** (use old cereal boxes to help the planet!). Ask an adult to cut the eye holes and string holes. Tie elastic or string.*



SUPER HERO WRIST BANDS



Save the Children

Super hero **wrist bands** are a great way to harness your **powers**!

*Cut, fold and glue to create a double **strength** layer to your wrist bands. **Decorate** to match your mask. Use blutac to secure around your wrist so that you can take them on and off when you are off-duty.*

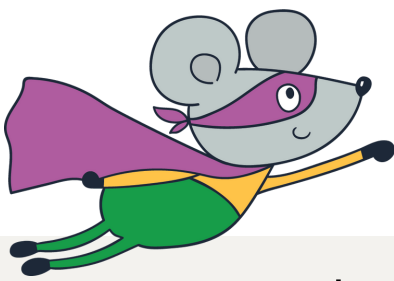


fold

A curved arrow pointing downwards from the word 'fold' to a horizontal dotted line across the page.

fold

A curved arrow pointing downwards from the word 'fold' to a horizontal dotted line across the page.



SUPER HERO BINGO

Can you pass the super-hero test? Complete all these acts of **lockdown heroism**, tick them off, complete the bingo square and you are **officially** a **super hero**! Send us a photo of your completed bingo square and receive your digital e-certificate of being a super hero.

Email completed bingo squares to education@scnz.org.nz to receive your super hero certificate.

Super Hero Name: _____

Smile at a
neighbor or a
person on your
walk.

Learn something
new and try
again if it's hard.

Keep healthy
and eat a piece
of fruit and a
serve of
vegetables.

Learn how to
say hello in a
different
language.

Your own idea...

Create a piece
of art to
brighten up your
house.

Call a friend or
classmate and
ask them how
they are doing.

Look after your
body and mind
and take ten
slow and deep
breaths.

Make someone
in your bubble
breakfast in bed.

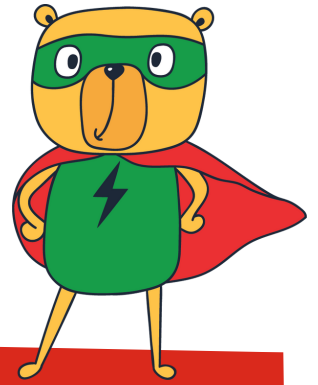
DESIGN YOUR OWN SUPER HERO LOGO

Every super hero needs a logo. Get inspiration from your **powers**, your **passions** or use your initials to design an **incredible** logo for your costume.



WRITE ABOUT YOUR LOCKDOWN SUPER POWERS

Super heroes have to get extra **creative** to take care of themselves and others during lockdown. Describe your super powers here.



A large white rectangular area with a red border, containing ten horizontal dotted lines for writing.

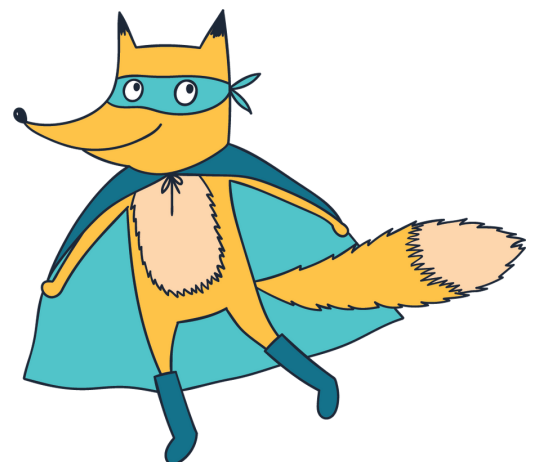
SUPER HERO WORD FIND

Did you know that all children have **rights**? Rights are what everyone needs to survive, flourish and be happy. Super heroes **defend** the rights of **themselves** and **others**!

P	R	O	T	E	C	T	I	O	N	R
R	L	P	C	K	S	J	N	M	X	E
I	H	A	V	N	O	U	C	G	S	L
V	E	B	Y	O	D	E	L	Y	A	A
A	R	N	T	I	Z	W	U	I	F	X
C	U	O	S	G	N	U	S	F	E	H
Y	T	I	C	I	R	F	L	R	T	E
R	L	N	S	L	O	Z	O	Q	Y	A
P	U	I	A	E	N	M	N	V	X	L
M	C	P	E	R	E	S	P	E	C	T
B	N	O	I	T	A	C	U	D	E	H

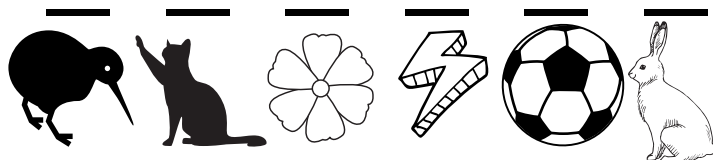
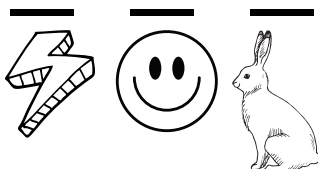
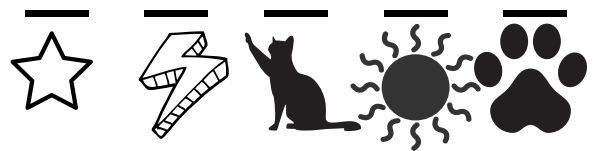
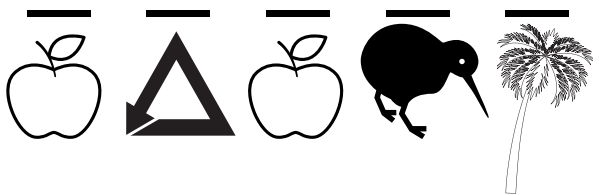
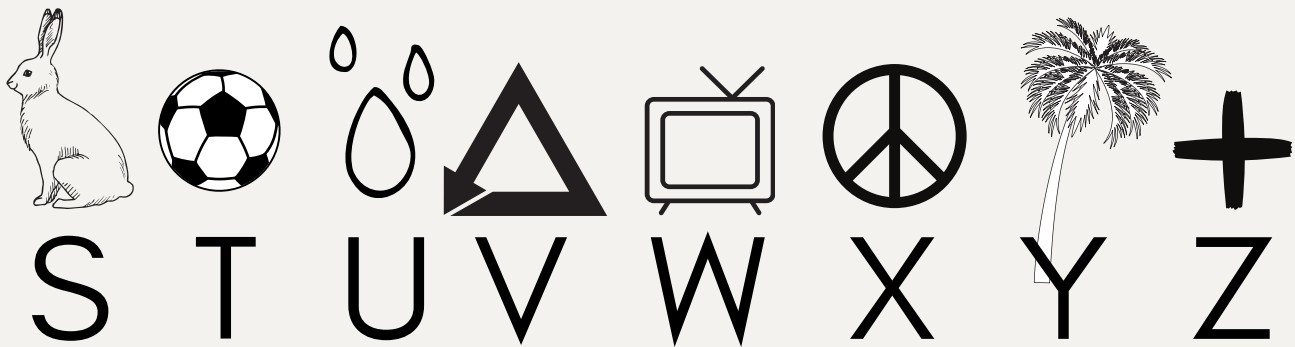
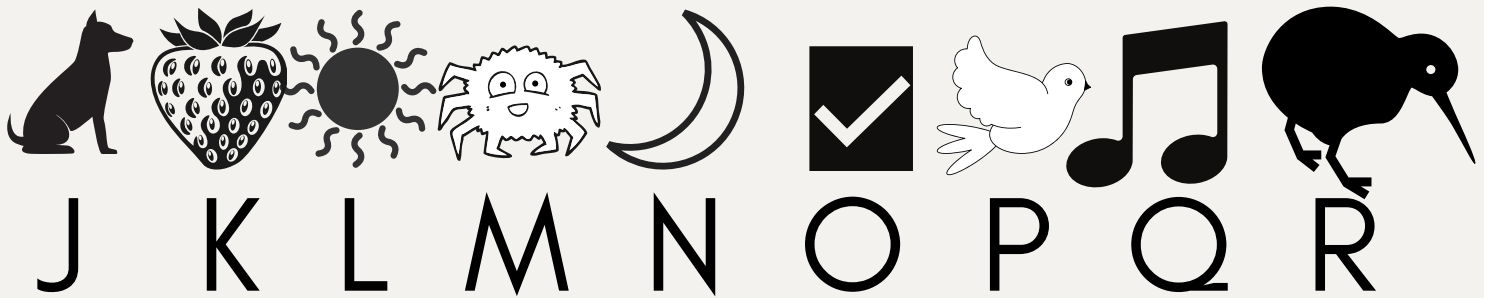
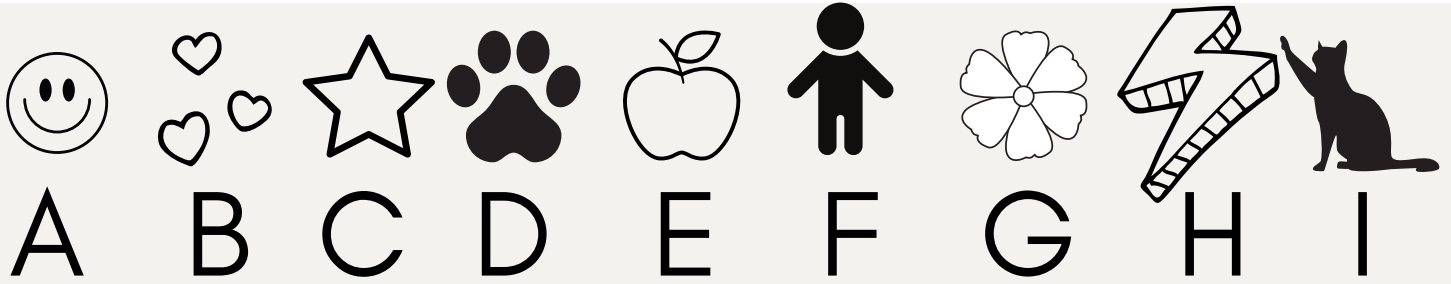
**These words describe some of your rights as a child.
Can you find them all in the word find?**

<i>health</i>	<i>culture</i>	<i>respect</i>
<i>play</i>	<i>privacy</i>	<i>relax</i>
<i>inclusion</i>	<i>religion</i>	<i>home</i>
<i>education</i>	<i>opinion</i>	
<i>protection</i>	<i>safety</i>	



CRACK THE CODE

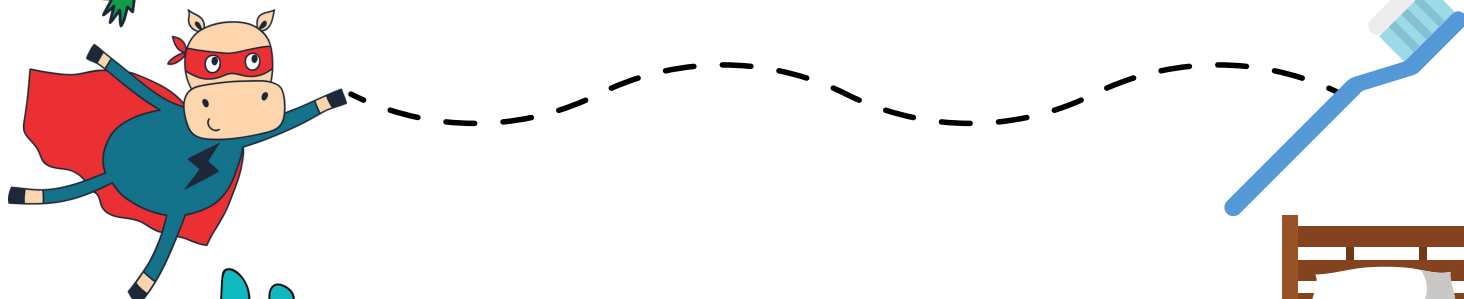
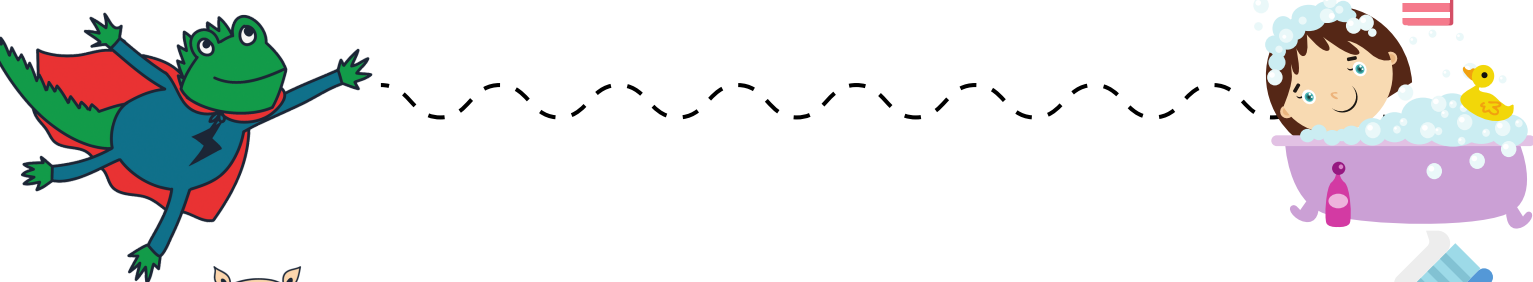
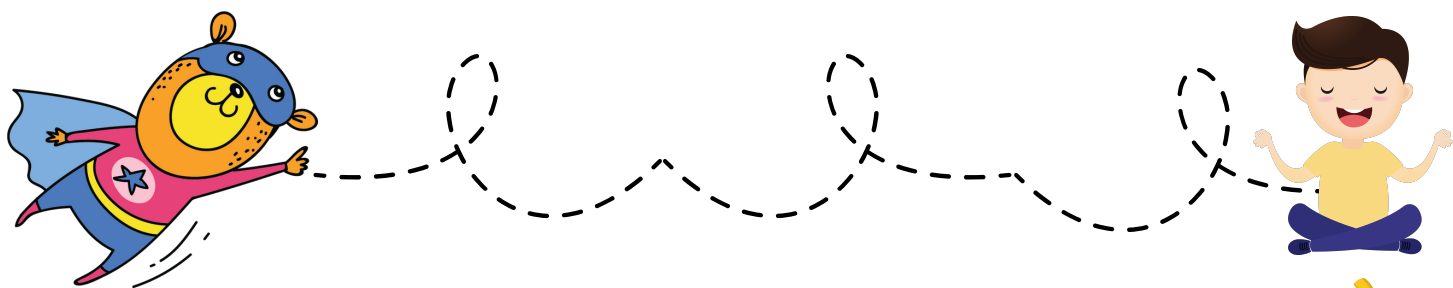
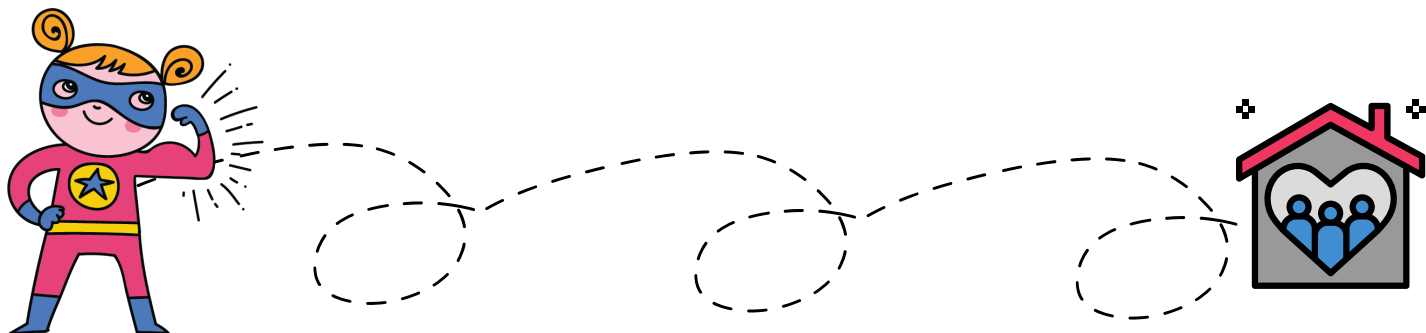
Crack the important message
and spread the word!



TRACING

For little super heroes

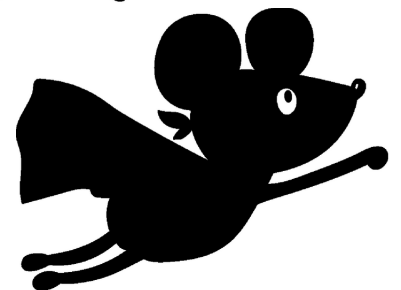
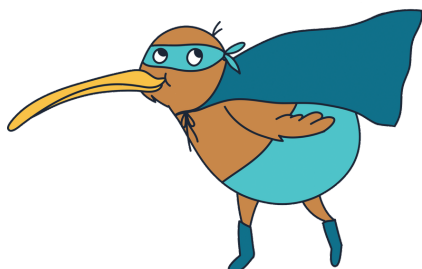
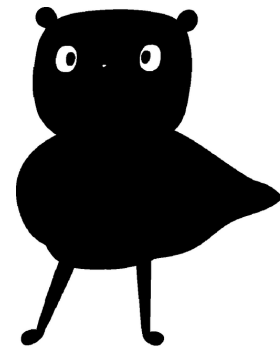
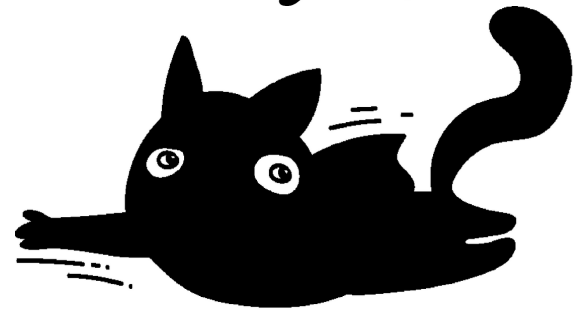
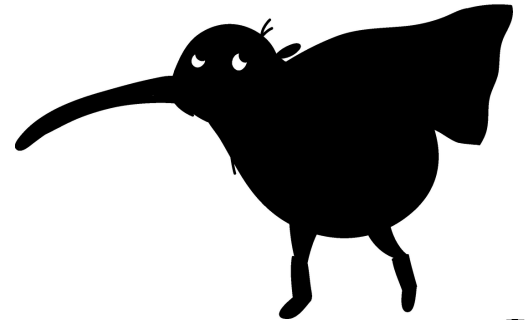
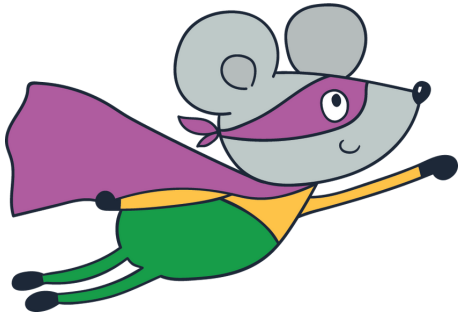
Super heroes need to **care** for their **bodies** and **minds**. Trace to get the super animals to their self-care needs.



SUPER HERO SILHOUETTE MATCH

For little super heroes

Every child and super hero has the **right** to **privacy**. Can you match the super heroes with their silhouettes?





Save the Children believes Kiwi kids are super heroes.

Find out more or donate at

www.savethechildren.org.nz



Save the Children

Thanks for downloading our super hero home learning kit.

Share your super hero costumes with us

#kiwikidsaresuperheroes or email us at education@scnz.org.nz.