

YOU ARE A SUPERHERO! (LEVEL 2)

Description	Learners will gain a greater understanding of their emotions to create better social relationships
Leading Question	How can I become the best version of myself and change the world?
Total Time Required	60 mins/day over 3 days
Supplies Required	Paper & Colors or Pen, Mat or thick sheet or cloth and ball (only if available), Paper bag or big piece of paper, pair of scissors, a string
Learning Outcomes	<ol style="list-style-type: none"> 1. Social Emotional Learning 2. Building Self-Confidence 3. Social-Awareness
Previous Learning	None

DAY 1

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

Suggested Duration	Activity and Description
5 minutes	<ul style="list-style-type: none"> • How are you feeling today? Are you happy, sad, anxious, etc? You can use the Defend Innocence Emotions Wheel in the appendix to help you out.
15 minutes	<ul style="list-style-type: none"> • Energizing Game • Sound Ball: • Stand in a circle with an imaginary ball. • You will throw the ball around, but before you throw the ball you have to make a special sound. • When you get the ball you have to copy the sound the person who threw the ball to you made.
10 minutes	<ul style="list-style-type: none"> • Do you have a favorite superhero? Who is your favorite superhero?

What do you like about your favorite superhero?

- Do you know that you are a superhero? What are your superpowers?
- 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**
- Lie 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)
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Superhero Breath Card Deck

mindfullyogabreaks.org

- **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

- How many emotions do you think you experience in a day? Is it very easy for you to identify the emotion when you are experiencing it?
- It is hard to count the number of emotions one experiences in a day. We experience many emotions, and it's sometimes hard to identify and express them. Discuss each emotion and act it out.
 - Peaceful: sitting in a circle with eyes closed, take five deep breaths in through the nose and out through the mouth.
 - Anxious: sitting with legs bent in front, pat yourself with your hands from head to feet, first slowly and then quickly.
 - Happy: Begin standing, crouch to pull all limbs as close as possible, before jumping up, reaching arms and legs out to stand in an X shape.
 - Sneaky: lying on stomach, using head to lead the spine, wiggling side to side and up and down.
 - Angry: on hands and knees reaching forward with arms while keeping feet planted, then planting hands and jumping feet to hands.
 - Sad: begin on your hands and feet, slowly moving around the room using only one side of the body at a time.

- o Excited: sit and reach across the body to wave to your neighbor, then reach the opposite direction across the body to wave to another friend.
- o Overwhelmed: walking quickly around the room, spinning out of control.
- o Content: standing, take five deep breaths in through your nose and out through your mouth.
- Draw a picture for each emotion.



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.
- 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

10 minutes

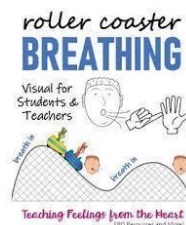
Reflection: Educator/parent meets with the learner(s) and asks them to reflect on the following questions:

- What have you learned from today's activities?
- What do you remember the most from today's activities?
- How do you plan to make use of this new knowledge in your life?
- What do you still have some questions about? Ask an educator or parent.

DAY 2

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

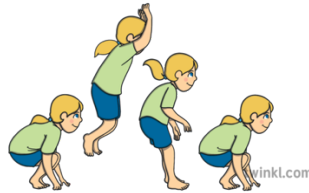
Suggested Duration	Activity and Description
10 minutes	<ul style="list-style-type: none"> ● Art: draw yourself as a superhero and write what superpowers you would have. ● Can you connect your desired superpowers to existing strengths that you already have? Can you also identify areas in which you want to improve? ● Breathing/Meditation Exercise ● Were you ever faced with a challenge you could not solve? It could be a new thing you could not figure out how to do or homework you were given at school that you felt was difficult. How did that make you feel?. ● Discuss how challenges can feel like going up a mountain, or like on a Roller Coaster and do the following exercise:
5 minutes	<ul style="list-style-type: none"> ● 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.
- You can even make sound effects to exaggerate the breath as you do this exercise!

35 minutes

- Have you ever been faced with a task or obstacle that seemed impossible to overcome? How did you overcome it?
- In life, everyone faces unique challenges and obstacles in their lives and invents their own ways of moving past them. Superheroes are great at overcoming obstacles!
- 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.
- Move through the course and then switch directions.
- Crawl like lizards or jump like frogs through the course.
- **Frog Jumps**
 - 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!

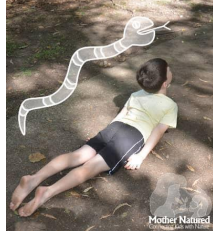


- **Lizard Crawls**
 - Lizards move slowly and close to the ground. Come to all fours and crawl like a lizard. Stick out your tongue and make a lizard noise to say hi.



- **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!



- **Creating your Cape**

- Now find an old bed sheet, towel, headscarf 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!
- Alternatively,
 - Step 1: Get a paper bag and a string, thread or ribbon tape.



- Step 2: Open it up at the bottom and cut it out on one end to have a rectangular sheet of paper now.
- Step 3: With the paper bag now opened up, you will draw your superhero symbol on the paper bag. This could be a star, a fire sign, a lightning icon, the initials of your name or any other shape or object or letter that you would like to use. See example below:



- o Step 4: After drawing the symbol on the paper/cloth, add the string at the top like you can see in the image above.
 - o Alternatively, you can create your cape using several pieces of paper glued together instead of a paper bag
 - o Now you have your cape ready for use tomorrow. Hand it over to your parent/adult at home to keep it for you until tomorrow.
- **Flying Pose** (Flamingo on [Yoga Bingo](#))
Let's learn to fly. Starting with both feet on the ground, bend forward so that your lower torso is parallel to the ground. Lift one leg back (bringing your torso and leg to a T like position parallel to the ground). Open your wings to the side by lifting your arms like an airplane. Repeat on the other side.



5 minutes

- Superwoman's Visualization:
- Lie down and close your eyes

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- 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.
 - Breathe 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.

10 minutes

Reflection: Educator/parent meets with the learner(s) and have them reflect on the following questions:

- What have you learned from today's activities?
- What do you remember the most from today's activities?
- How do you plan to make use of this new knowledge in your life?
- What do you still have some questions about?

Educator/parent ensures to respond to any questions you may still have on the emotions you learned about.

DAY 3

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

**Suggested
Duration**

Activity and Description

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- What did we learn yesterday?
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EAA welcomes feedback on its projects in order to improve, please use this link:

<https://forms.gle/LGAP9k17fMyJrKJN7>

- Inquiry Question: Yesterday we learned that it is OK to have big emotions, and how you can use your breath to calm down when upset. We also learned about obstacles and how to overcome them. Understanding how your actions can make others feel is very important in all of your relationships. Can you think of a time when you did something kind for someone that made them very happy?
- Today you will learn about social relationships and how to create a more peaceful society.

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 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?

10 minutes

Social Relationships

- **Literacy extension:** Think about the various relationships you have in your life. Also think about the status of your relationships with that person and how to improve that relationship. On a sheet of paper, create a table like the one below.

Name	Relationship	Status of the relationship	How to improve their relationship
Ali	Best friend	Good	Do more things together
Sarah	Cousin	Bad	Ask my parents to let me play with my cousin more

-
- Once you finish, share the table with the educator/parent for feedback and suggestions on how to improve it and then pin the final document in your home/room at home.
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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.



35 minutes

- **Superhero Flow:**
- **Crescent Moon Pose:** Superheroes need to learn how to fly. Start in a 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.

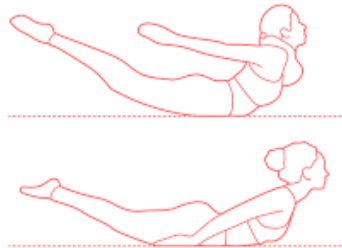


Crescent Lunge

- **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 like a bird. Repeat on the other side. Tie on your cape, let's take off. Fly around the room.



- **Flying Low:** Lie on your belly 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 players 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.

	<ul style="list-style-type: none">● 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?
5 minutes	<ul style="list-style-type: none">● Say: "I am <u>NAME</u> 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!
10 minutes	<p>Reflection: Educator/parent meets with the learner(s) and have them reflect on the following questions:</p> <ul style="list-style-type: none">- What have you learned from today's activities and the whole project?- How do you plan to make use of this new knowledge in your life?- What do you still have some questions about? <p>Educator/parent ensures to respond to any questions the learner(s) may still have on the things they learned about.</p>

ASSESSMENT CRITERIA

- Observation and Interactions

ADDITIONAL ENRICHMENT ACTIVITIES

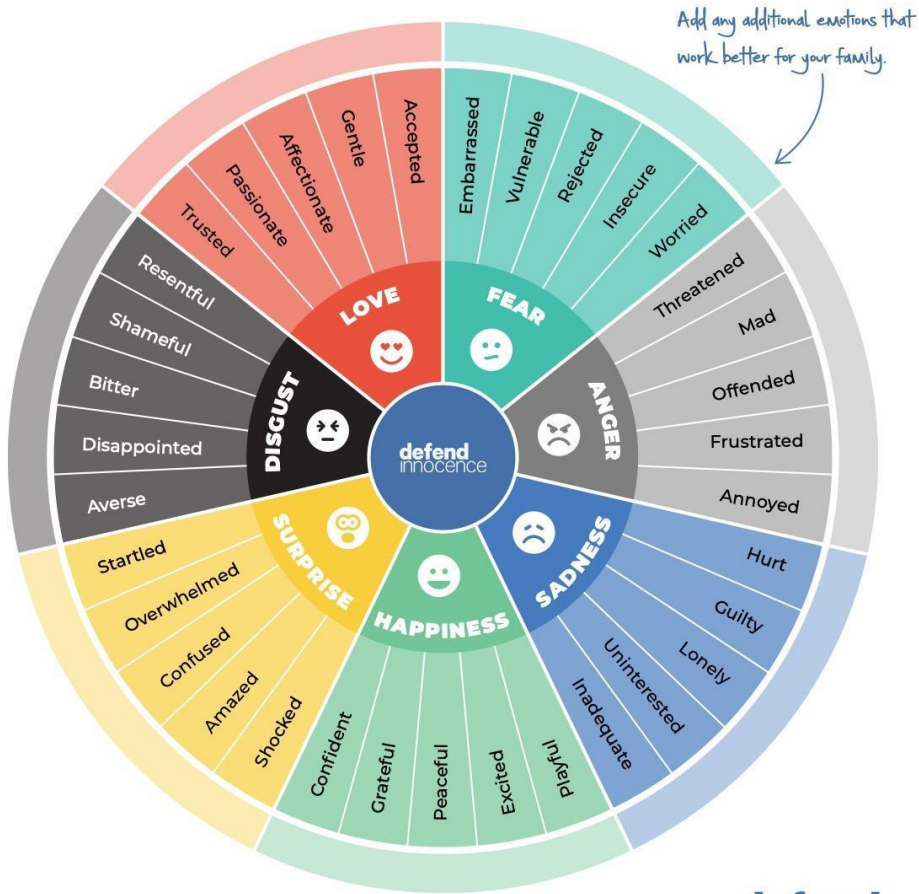
- Draw yourself as a superhero and write what type of superpowers you want.
- What would you like to do better? What do you want to improve in your superhero?

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.



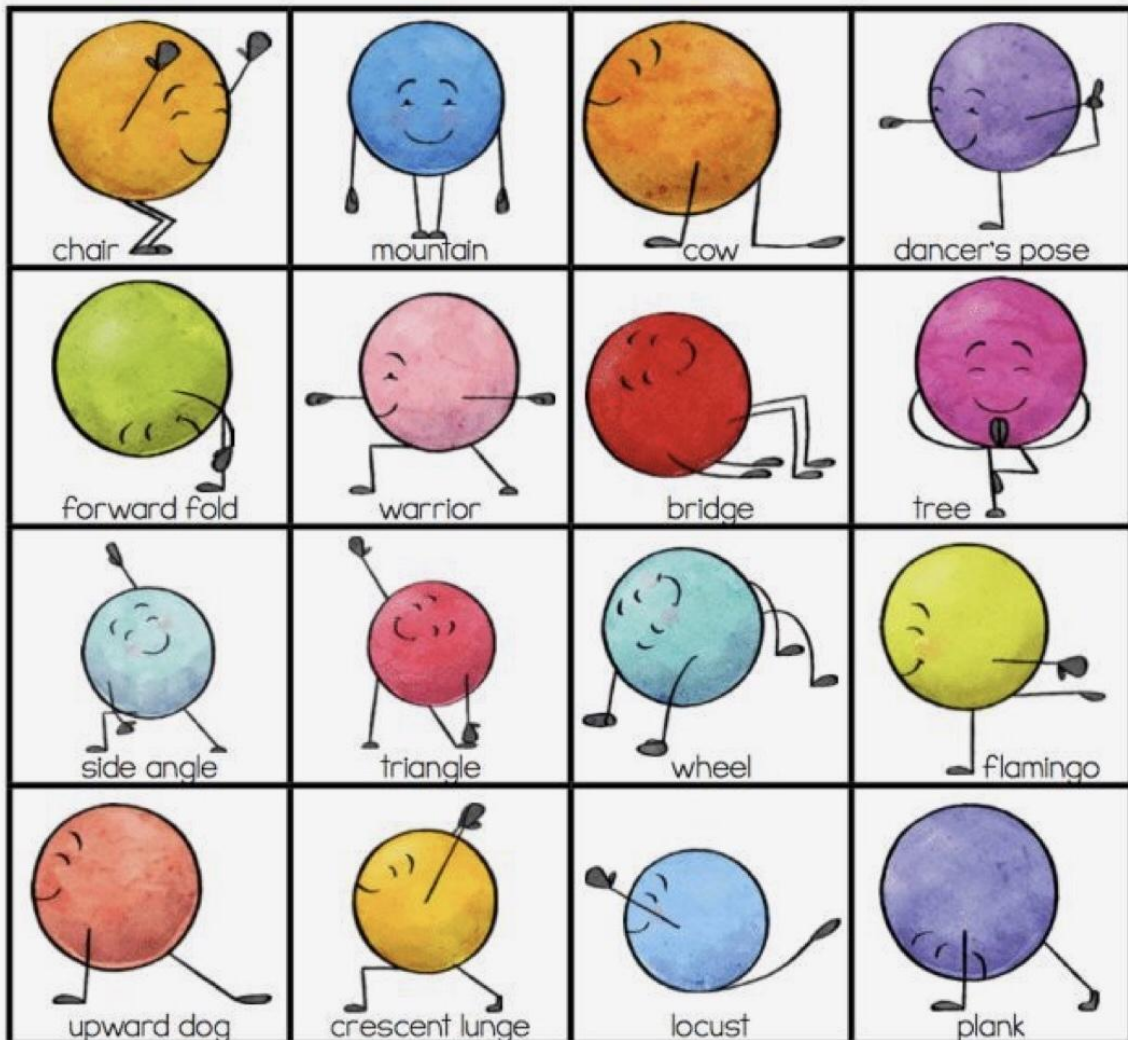
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