

# April

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# Superhero

# Virtual

# Kids

# Activities



## Craft - DIY Superhero Cape out of a T-shirt

A superhero is a person who does heroic deeds and has the ability to do them in a way that a normal person couldn't. So in order to be a superhero, you need a power that is more exceptional than any power a normal human being could possess, and you need to use that power to accomplish good deeds.

There is a Superhero in all of us, think of what your super powers are, what is your superhero name. Use your imagination when designing your cape - use materials you have at home and be super creative! Take photos of you wearing your cape and post in our comments!

### Materials:

- Scissors
- T-shirt
- Hot Glue Gun or Fabric Glue (optional)
- Felt (optional)
- Acrylic or Fabric Paint (optional)
- Stamps or Stencils



### Directions:

1. Lay the T-shirt flat and cut off the sleeves.
2. Now cut vertically up the sides of the T-shirt along the sewn portion
3. Lay the cut T-shirt with the neck band in the center and the two halves flat on either side (see video)
4. Cut a cape shape by leaving one half intact and cutting around the neckband to create the neck of the cape.
5. Now it's time to decorate! If you have fabric or acrylic paint you can freehand a design on the cape or use stencils. Another option is to cut shapes out of felt and hot glue them to the cape.
6. We're done here! High five!



## Virtual Exploration - The Batcave

Follow the link below to step into Bruce Wayne's shoes as he plans his latest mission to thwart crime in Gotham City. Take a creaky old elevator down into a vast cavern where bats and high-tech crime-fighting tools live in strange harmony.

<https://youtu.be/YkYOcsDMjQs>

## Science Activity - Make a Superhero Lightning Bolt!

Storm is one of my favorite superheroes. She is courageous and has the ability to create lightning!

What creates lightning? Static electricity happens when air moves inside clouds making ice and water droplets rub together. The positive electrical charge floats up to the top of clouds, while the negative charges stay at the bottom of clouds.

This process causes an unstable separation of electrical charges and lightning is what equalizes the charges so they become balanced.

To create your own lightning bolt with just a couple simple materials you have at home, follow the link

[https://www.education.com/activity/article/static\\_electricity\\_lightening/](https://www.education.com/activity/article/static_electricity_lightening/)



## Daily Challenge - Create your own Superhero

Have you ever wanted to create the next Spider-Man, Superman, or Batman? Creating a superhero can be a fun way to build a story and a character to write about. Even if you only have a few ideas at first, you can take those small ideas and make them into something great.

Follow this link to help you get started on your character and story:

<https://www.wikihow.com/Create-a-Super-Hero>

Then follow this link to design what your character will look like: <https://www.heroized.com/>

Share your Superhero and story with us in the comments!!

## Just For Fun - MARVELLOUS SUPERHERO Dance By Light Balance Kids

<https://www.youtube.com/watch?v=aXkjzJZSlTQ>

## Let's Stay Active - Move like the Avengers

Follow the link below for a an exciting Avengers routine, don't forget to wear your cape!

<https://www.youtube.com/watch?v=uYi1kyMeFHQ&feature=youtu.be>

