



HANDS-ON ACTIVITY

ITEMS NEEDED:

Adult sweater, newspaper, mirror

ADVANCED PREPARATION: None**DIRECTIONS:**

Ask for a volunteer to become a superhero. *(For a large group, you can have several superheroes at once. You just need a sweater for each child.)* Place the oversized sweater over the child. That is their superhero costume. The only thing missing is the superhero muscles. Have other kids wad up newspaper into balls, while an adult volunteer stuffs the newspaper balls into the sweater. See how big you can bulk up your superhero. Have a large mirror on hand, so your superhero can see his or her transformation. Give others an opportunity to play the hero, as time permits.