

Day 2

Super Heroes

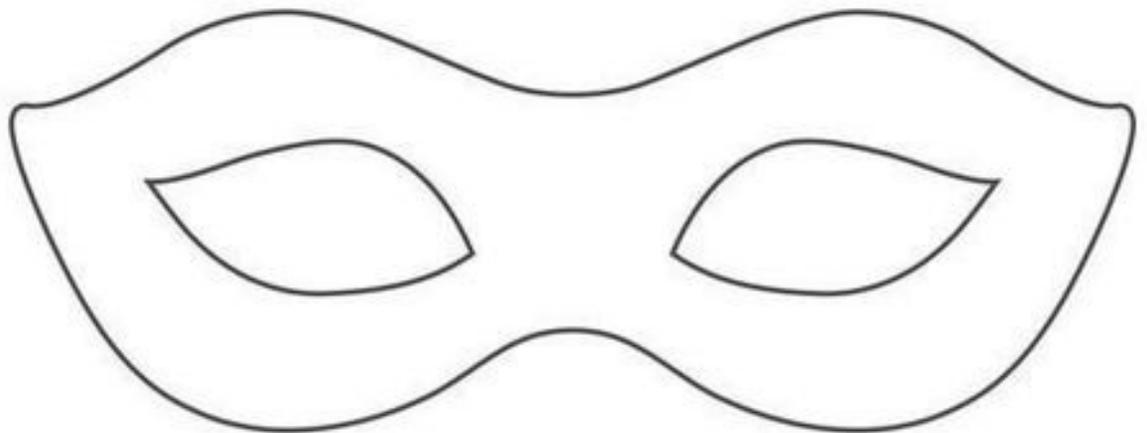
Virtual

Spring Break Escapes



Craft - Hero Cuffs and Masks

No Super Hero is complete without an epic outfit and you can start yours off strong with this hero mask and cuffs craft! Follow the link below for to find our fun, easy craft and get your Super Day started off strong! Be sure to post pictures and show off your heroic efforts!



Movement - Captain America Shield Toss

Every great hero needs a great item. Thor has mjolnir, Wonder Woman has the Lasso of Truth, and Captain America has his shield. Try your luck at wielding the power of Captain America's shield with this simple game! First, you'll make yourself a shield using a paper plate, markers, crayons, or colored pencils, then you'll try your hand at tossing your shield into a box or basket. Amp up the challenge by adding distance, obstacles, or even try throwing it backwards! How far can you throw the shield?



Virtual Exploration - Tour of Iguazu Falls

Warrior Falls is one of Wakanda's most sacred places, and the site of the coronation of the King of Wakanda, and Heir to the Black Panther. These stunning waterfalls can be visited in real life, at the Iguazu Falls, in Argentina's Iguazu National Park. Check them out below!

<https://m.youtube.com/watch?v=kvjGeFgUR10>

Science Activity - Super Strength Experiment!

Super Heroes can achieve feats of strength that would be impossible for an ordinary person. What if you could test the limits of super strength using household objects and physics? For this simple experiment, all you'll need is a couple pieces of paper, a rubber band, and a text book.



First, try to bend a piece of paper into a shape that will support the weight of the text book. Try rolling it, folding it into an arch, any shape you can think of. Can't do it, right?

Now, take a new piece of paper and roll it into a cylinder lengthwise. Then use the rubber band to hold it in place. Stand the cylinder upright and see if you can balance the book on top of it. It works! How many more (non-breakable) items can you balance on top of the paper? Why do you think it's so strong in this form?

Daily Challenge - Take a Heroic Picture!

The city needs a hero! Get out your hero cuffs and mask, strike your most heroic pose, and snap a pic of you saving the day. Post your most creative, silliest, or most heroic picture of you!

Calm Activity - Superhero Yoga!

Even Super Heroes need to relax sometimes! Take a moment to reflect on all the good you did today with some calming yoga. Try out this sequence of poses and connect with your inner hero!



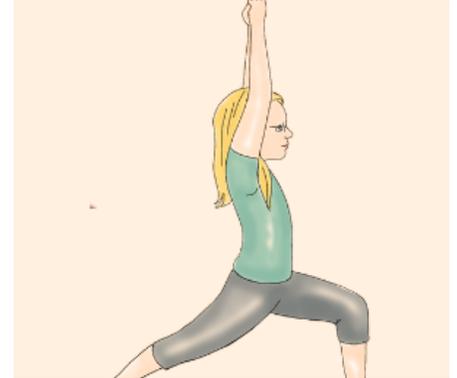
Flying Hero Pose (Locust Pose)

Lie on your belly and lift your arms and legs at the same time.



Downward Facing Dog Pose

Start with your hands and feet on the floor and lift your hips up to the sky. Your arms and legs should be straight, with your head between your arms.



Warrior 1 Pose

Step one foot back and bend your front knee. Reach both arms up overhead. Repeat on the other side.



Warrior 2 Pose

From Warrior 1, reach both arms out to the sides and look over your front fingertips. Make sure your front knee is bent forward. Repeat on the other side.



Peaceful Warrior Pose

From Warrior 2, reach your back arm down to your back leg while your front arm reaches up to the sky. Make sure your front knee is bent forward. Repeat on the other side.



Tense & Relax

Lay on the ground with your hands at your sides. Tense up all your muscles at the same time, squeezing as tightly as you can for five seconds, and then let go. Some of your muscles squeeze like this without you even knowing it when you are feeling mad, sad, scared, or nervous. This will help all super heroes become super relaxed.