

CHALLENGE 8

SUPER 1s SUPERHERO!



We challenge you to build a Super 1s Superhero who can be a role model to others. Using the I Am A Superhero worksheet, we want you to create a new Superhero. Here's what you need to do:

- Give your Superhero a name
- Design their Superhero costume
- Answer the questions in the boxes to tell us more about your Superhero

There are two ways you can complete the Superhero challenge. If you have access to a printer, you can print the worksheet and complete all the tasks by hand. Once complete, just take a picture of your worksheet and send it to us. If you would like to complete the Superhero challenge online, open the worksheet using Paint. To do this, right click the file and select 'Open with' and then select Paint. To submit your completed Superhero, just attach your document in an email to contact@lordstaverners.org.

Also, for those of you on social media, why not post a picture of your Superhero. Just make sure you use the hashtag #couchcricket.

If you're using a Mac, then instead of opening in Microsoft Paint, right click and open it in Preview and use the brushes and colours in that programme to personalise your Super 1s superhero!

I AM A SUPERHERO

Hero Name →



MY NAME:

CREATE MY COSTUME



WHAT FIVE HEALTHY FOODS GIVE ME STRENGTH AND ENERGY?

MY SUPER POWERS ARE?

HERO TRAINING: WRITE DOWN MY TOP FIVE EXERCISE AND DO EACH TEN TIMES.

WHAT FIVE WORDS HELP TO DESCRIBE ME?

HOW CAN I BE A GOOD HERO?

HERO TRIVIA: WHO WAS THE FIRST TEAM OF SUPERHEROES IN COMIC BOOKS AND CAN YOU NAME ANY MEMBERS?



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