



UW-MADISON EXTENSION

THE SUPERHERO IN YOU



Superheroes use what they're good at – their special talents – to help other people. Let's each make a symbol for ourselves and create wrist cuffs that show what we are good at.

4-H PROJECT AREAS:

Visual Arts, Community Service, Communication Arts

LIFE SKILLS:

Self-esteem, Responsible Citizenship

TIME:

30 minutes (15 minutes per activity)

MATERIALS:

- Markers
- Toilet paper rolls (two per child)
- Glue or glue sticks
- Cling wrap
- Paper
- Rubber bands
- Scissors
- Flashlight

PREPARE AHEAD OF TIME:

Create a sample superhero symbol and wrist cuffs.

Preparations for Superhero Symbol:

Trace and cut out paper circles the size of one end of the toilet paper roll (1 per child)

Cut small squares of cling wrap (approx. 4 inches x 4 inches)

Preparations for Wrist Cuffs:

Cut toilet paper rolls (1 per child) along one side. Then cut the roll in half to make two small cylinders.

Cut construction paper rectangles – large enough to cover a half toilet paper tube.

Did you know?

Most superheroes started out as average, everyday people. Then, they found out there was something special about them, and they wanted to use their talents to help others.

Superheroes create secret identities and costumes to hide who they really are. Their costumes usually include masks, gloves and boots, maybe even a whole special outfit. Wonder Woman, Falcon, Superman, Totally Awesome Hulk, Miss America (AKA America Chavez), and Ms. Marvel are just a few examples. Some work alone, while many others work together in teams, like *The Incredibles*, *Teenage Mutant Ninja Turtles*, and *Big Hero 6*.*

Today's activity is about celebrating our talents and how we can use them to help other people.

* Note: Printing pictures of these individual superheroes and superhero teams can help youth imagine them. All it takes is a quick web search.

Ask

What/who do you think of when I say "superhero?"

What makes superheroes special?

What do they do with their special talents?

Investigate

Each one of us has a chance to be a superhero to someone else. We just need to know what makes us special. We need to think about how we want to use that special talent to help other people.

Ask, What is something you are good at?

It might be a talent we have, something we do to help people, or just something about who we are that makes other people feel good.

Tell a partner about your special talent and listen to them tell you about their special talent.

Create

Have youth create their own superhero symbol and wrist cuffs.

Superhero Symbol

Tell youth to draw a symbol for themselves on one of the small pre-cut paper circles. Cut the symbol out.

Have them glue the symbol to a square of cling wrap.

**Note: Glue it backward if the child is using a letter for their symbol.*

They can cover it with a second piece of cling wrap and wrap the edges around the paper tube with a rubber band.

Superhero Wrist Cuffs

Encourage youth to decorate 2 strips of construction paper with pictures about special talent(s) they use to help other people.

When they are finished, they can glue the decorated construction paper to the half toilet paper rolls.

Share/Reflect

Encourage the children to wear their wrist cuffs.

Ask, What is your talent?

Ask, How do you use it to help other people?

Dim the lights if possible. Then, as each child shares about their talents, shine the flashlight through the tube to see their superhero symbol on the wall.



Relationship to 4-H...

The third “H” in 4-H – hands – refers to how every single person, from the youngest Cloverbuds to the most experienced adult volunteers, has something to give back to our communities. Everyone is valued because everyone can contribute. 4-H groups do lots of different service projects, from canned food drives to service learning trips in other countries.

More to Explore

Talk with an adult about how you can use your special talent to do a service project or help someone in your community.

Take a picture of yourself using your special talent. Share it at a public event (like the county fair, cultural festival, or community gathering) with your Superhero Symbol and Wrist Cuffs.

Resources: Source: Make a Superhero Symbol: www.kidspot.com.au.

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