



Local Superhero

Three weeks of super fun for the activity badge.

How to earn the badge

1. There are lots of local superheroes doing great things near where you live. Find out who they are and what they do to help.
2. Anyone can be a superhero if they use their skills to make the world a better place. Design your superhero costume, choose your powers, about how you'll use your powers to help other people.
3. Now it's time to put your superpowers to good use. Work with your group to make a difference in your local area.



Programme Planner – Week 1

Arrival	Colouring
Story	Supertato
Game	Superpower Ball Scatter
Activity	Design Your Own Superhero and Plan a Story
Song	I am a Superhero

Programme Planner – Week 2

Arrival	Colouring
Story	A Superhero Like You
Activity	Community Service
Activity	Local Hero Gifts
Game	Superpower Ball Scatter (if time)

Shopping List:
Plastic Ball Pit Balls
Hoops or Bowls
Paper
Pencils and Pens
iPhone (for music)
Bags (mini lunch bags)
Stick-on Decorations
Wrapped Sweets
Sticky Tape
Printing:
Colouring Sheets
From District:
Litter Pickers (optional)
Superhero Costumes
Preparation:
Download Music
Book Visit for Week 3



Programme Planner – Week 3

Visit to a local service provider; Police, Fire Service, Dentist, Library etc. for a tour.
Take mini gifts to give your "local superhero".

How to run each part of the programme:

Superpower Ball Scatter

Prep: Set out four hoops or bowls in the corners of the room and all the balls (you need lots) in the centre. Split the participants into four teams.

How: Everyone works in their team, with one “runner” at a time to collect one ball from the central pile of balls OR from one of the other teams, placing it in their hoop or bowl.

After a set amount of playtime the game stops and the team with the most balls is declared to have the greatest superpower.

Design Your Own Superhero and Plan a Story

Prep: Discuss the superhero dolls and costumes and what their special powers might be.

How: Participants design and draw their own superhero, thinking about their special powers, costume and name their characters. Then drawn a second picture of their superhero in action.

Song

Prep: Download the song: I am a Superhero action song:

https://www.youtube.com/watch?v=j1rSUZn1WHY&list=RDj1rSUZn1WHY&start_radio=1

How: Everyone joins in the song and dance.

Community Service

Prep: Decide what community service you might like to do.

It could be a litter pick, weeding in community garden or similar.

How: Participants take part in the chosen activity.

Local Hero Gifts

How: Participants take one plain mini lunch bag each and decorate with stickers and drawings.

Make sure the word “Thank You” is included in the design.

Everyone puts some wrapped sweets in the bag and then carefully, working with a adult, seals the bag with a piece of sticky tape.

These gifts are taken as gifts to the local superhero visit on week 3.