

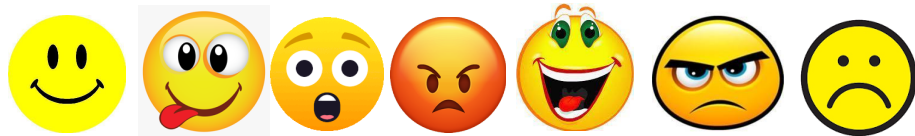
YOU ARE A SUPERHERO! (LEVEL 1)

Description	Learners will gain a greater understanding of their emotions to create better social relationships
Leading Question	How can I become the best version of myself and change the world?
Total Time Required	60 mins/day over 3 days
Supplies Required	Fabric (old bed sheet, towel, cloth) and paint or crayons. Paper bag or big piece of paper, pair of scissors, a string
Learning Outcomes	<ol style="list-style-type: none"> 1. Social Emotional Learning 2. Building Self-Confidence 3. Self-Awareness
Previous Learning	None

DAY 1

Today you will gain a greater understanding of yourself and learn about emotions.

Suggested Duration	Activity and Description
5 minutes	<ul style="list-style-type: none"> How are you feeling today? Are you happy, sad, anxious, etc? You can use the Defend Innocence Emotions Wheel in the appendix to help you out.
10 minutes	<ul style="list-style-type: none"> Energizing Game: Begin by making a happy face, silly face, surprised face, an angry face, excited face, frustrated face, and a sad face. Examples:



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- Next, you will play a game that has many changes, just like your emotions.
 - Thunderstorm Game:
 1. Start by rubbing hands together.
 2. Rub hands together a bit faster.
 3. Start to snap fingers.
 4. Snap fingers more intensely.
 5. Pat legs with hands.
 6. Pat legs more intensely.
 7. Point to and jump and stomp.
 8. Pat legs with hands.
 9. Snap fingers.
 10. Rub hands together.
 - <https://www.youtube.com/watch?v=VOU5gAFV9v8>
 - Did you notice how the storm got louder, but we were then able to calm it back down?
 - How does this relate to how you feel during the day? Can you think about how you feel through the different parts of the day? What are the different emotions you feel?
 - Just like the storm got louder and then was able to calm down, your emotions fluctuate and change. But you are in charge of your emotions. You can control how you feel!

10 minutes

- Do you have a favorite superhero? Who is your favorite superhero? What do you like about your favorite superhero?
- Discuss what a superhero is (Definition: A superhero is a made-up character or person who is super strong, brave, has superpowers, tremendous courage and strength).
- Do you know that you are a superhero? What are your superpowers?
- We are all superheroes in our own ways and just need to discover our superpowers. Over the next three days, they will be in Superhero Academy to become the best superheroes they can!

5 minutes

Welcome to the Superhero academy, we are going to begin with some exercises to help you build up your strength and understand your emotions better. Are you ready? Let's do this!

- The first thing you have to do as superheroes is to build up your strength through the following exercises:

- Flash Runs:
- Imagine you can run at supersonic speeds. Run in place as fast as you can for 10 seconds! Repeat 3 times with 10 seconds of rest in between each set.



5 minutes

- Batman Breath:
- As you inhale, open your arms to the side bent at the elbow to make your arms into bat wings and lift one knee up. As you exhale, bring your hands together in front of you as if closing your wings around you and place your foot back on the ground. (x3)
- Wonder Woman Breath:
- On the inhale, hold one hand over your head and pretend to spin a rope. As you exhale, pretend to throw the rope.



BATMAN
BREATH

**Superhero Breath
Card Deck**

mindfullyogabreaks.org

35 minutes

- How many emotions or feelings do you think you experience in a day? Is it very easy for you to identify the emotion when you are experiencing it?
- It is hard to count the number of emotions one experiences in a day.
- We experience many emotions, and it's sometimes hard to identify and express them. Discuss each emotion and act it out.
- Peaceful: sitting in a circle with eyes closed, take five deep breaths in through the nose and out through the mouth.
 - Anxious: sitting with legs bent in front, pat yourself with your



hands from head to feet, first slowly and then quickly.

- Happy: Begin standing, crouch to pull all limbs as close as possible, before jumping up, reaching arms and legs out to stand in an X shape.
- Sneaky: lying on stomach, using head to lead the spine, wiggling side to side and up and down.
- Angry: on hands and knees reaching forward with arms while keeping feet planted, then planting hands and jumping feet to hands.
- Sad: on hands and feet slowly moving around the room using only one side of the body at a time.
- Excited: sit and reach across the body to wave to your neighbor, then reach the opposite direction across the body to wave to another friend.
- Overwhelmed: walking quickly around the room, spinning out of control.
- Content: standing, take five deep breaths in through your nose and out through your mouth.

5 minutes

- How are you feeling after the first day of Superhero Academy? What are your thoughts and feelings?
- Breathe in deeply. And as you breathe out, say to yourself “I am brave, I am strong, I am peaceful.”

10 minutes

Reflection: Educator/parent meets with the learner(s) and has them reflect on the following questions:

- What have you learned from today’s activities?
- What do you remember the most from today’s activities?
- How do you plan to make use of this new knowledge in your life?
- What do you still have some questions about?

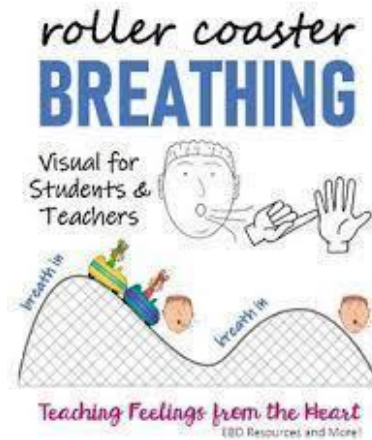
Educator/parent ensures to respond to any questions the learner(s) may still have on the emotions they learned about yesterday.

DAY 2

Today, in the superhero academy, you will learn how to properly manage and express your thoughts and emotions in a healthy way.

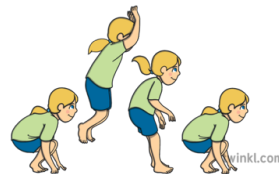
Suggested Duration	Activity and Description
10 minutes	<ul style="list-style-type: none"> ● Angry Monster Freeze Dance ● Do you often get angry? What are some of the things that make you angry? Do you think it is okay to remain angry for a long period of time? ● All humans get angry. Sometimes we feel angry or frustrated, but superheroes need to remain calm and level headed! ● Today you will try to understand the Angry Monsters by pretending to be them. ● Have a music player and pretend to be “Angry Monsters” while playing music - stomping around, growling. ● When the music stops, freeze and take a big deep breath together. ● Repeat a few times. ● Remember, it's ok to feel angry! We all encounter a little “Angry Monster” from time to time, whether it's our own or that of another. But remember, then we stop and do some mindful breathing. Then we can act thoughtfully!
5 minutes	<ul style="list-style-type: none"> ● Were you ever faced with a challenge you could not solve? It could be a new thing you could not figure out how to do or homework you were given at school that you felt was difficult. How did that make you feel? ● Possible response: I felt bad, defeated, like I couldn't do anything about it. It felt like it was impossible to solve. ● Challenges can feel like going up a mountain or like on a roller coaster. Do this exercise: ● Roller Coaster Breath ● Hold out your hand with your fingers outstretched. Place your pointer finger from your other hand at the bottom of your thumb. Inhale as you slowly bring your pointer to the top of your thumb and exhale as you move your pointer down your thumb. ● As your pointer finger traces your hand, imagine as if your finger were going up and down the hills of a roller coaster.

- Repeat with every finger.
- You can even make sound effects to exaggerate the breath as you do this exercise!



35 minutes

- Have you ever been faced with a task or obstacle that seemed impossible to overcome? How did you overcome it?
- In life, everyone faces unique challenges and obstacles in their lives and invents their own ways of moving past them. Superheroes are great at overcoming obstacles!
- Practice overcoming obstacles by using objects in the room to create an obstacle course with ordinary household items such as cushions and other items that are safe for learnerren.
- Move through the course several times in one direction, and then switch directions. Ask them to vary their movement by moving through the course first closer to the ground, then high above the ground, quickly, slowly, smoothly, or sharply. Crawl like lizards or jump like frogs through the course.
- **Frog Jumps**
 - Squat down to a tiny frog, as you move forward jump and land back in your squat. Make sure you make a frog noise each time you jump!



- **Lizard Crawls**

- Lizards move slowly and close to the ground. Come to all fours and crawl like a lizard. Stick out your tongue and make a lizard noise to say hi.



- **Snake Sliver**

- Snakes Sliver through the ground to move around. Try lying down, pinning your feet together and hands together ahead of you. Try slivering like a snake and wiggling your body to move forward!



- **Creating a cape**

- Now find an old bed sheet, towel, headscarf or any simple piece of cloth to use as a cape. Do the following exercises with the capes on to gain self-confidence and super-strength!
- Alternatively

- Step 1: Get a paper bag and a string, thread or ribbon tape





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- o Step 2: Open it up at the bottom and cut it out on one end to have a rectangular sheet of paper now.
 - o Step 3: With the paper bag now opened up, you will draw your superhero symbol on the paper bag. This could be a star, a fire sign, a lightning icon, the initials of your name or any other shape or object or letter that you would like to use. See example below:



- o Step 4: After drawing the symbol, add the string at the top like you can see in the image above.
 - o Alternatively, you can create your cape using several pieces of paper glued together instead of a paper bag
 - o Now you have your cape ready for use tomorrow.
- **Flying Pose** (Flamingo on [Yoga Bingo](#))
 - o Let's learn to fly.
 - o Starting with both feet on the ground, lower your torso to be parallel to the ground.
 - o Lift one leg back (bringing your torso and leg to a T like position parallel to the ground).
 - o Open your wings to the side by lifting your arms like an airplane.
 - o Repeat on the other side.



5 minutes

- Breathe in deeply. And as you breathe out, say to yourself “I am brave, I am strong, I am peaceful.”
- Today you learned that strength is needed to overcome challenges and began to build that strength through the exercises.

10 minutes

Reflection

Educator/parent meets with the learner(s) and have them reflect on the following questions:

- What have you learnt from today's activities?
- What do you remember the most from today's activities?
- How do you plan to make use of this new knowledge in your life?
- What do you still have some questions about?

Educator/parent ensures to respond to any questions the learner(s) may still have on the emotions learnt about yesterday.

DAY 3

Today you will learn about social relationships and how to create a more peaceful society.

Suggested Duration	Activity and Description
	<p>Social Awareness</p> <ul style="list-style-type: none"> • What did we learn yesterday? • Inquiry Question: Yesterday, we learned that it is OK to have big emotions such as anger, and how you can use your breath to calm down when upset. Understanding how your actions can make others feel is very important in all of your relationships. Can you think of a time that you did something kind for someone that made them very happy?
10 minutes	<ul style="list-style-type: none"> • We are going to play Follow the Leader • Educator will be the first leader and will instruct the learner in basic movement and stretches. Then the learner can volunteer to be the leader. • You have to lead without talking! • Today is the last day of Superhero Academy and you will receive the cape made yesterday. You are ready to make the world a better place. • How do you want to change the world?
5 minutes	<ul style="list-style-type: none"> • Superman Breath • As you inhale, make both of your hands into fists at your side. As you exhale, bring one arm out in front of you as if you were flying. Repeat twice.



- **Flash Breath**
- As you inhale, slowly lift one arm bent at the elbow, and the opposite leg also bent at the knee (as if you are running). As you exhale, slowly lower your arm and leg to the ground. Repeat on the other side.



10 minutes

Literacy Extension

- Think about the various relationships you have in your life. On a sheet of paper, write down all the names and the people you have a relationship with currently. Write one thing you like about them or a superpower that they have!

Name	Relationship	What you like about them
Ali	Best friend	
Sarah	Cousin	

35 minutes

- [Superhero Flow:](#)
 - **Crescent Moon Pose:** Superheroes need to learn how to fly. Start in a lunge with your hands up, and then bring one hand down to the floor and try to lift the back leg up. Lift the top arm up to the sky as we practice flying! Switch Sides.

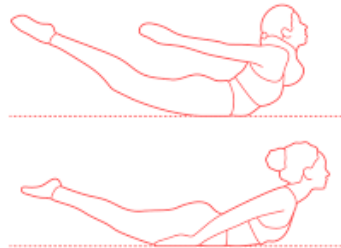




- **Flying Pose:** Let's see if our practice of flying really helps us fly. We lift one leg back and open our wings to the side. Repeat on the other side. Tie on your cape, let's take off. Allow learners to fly around the room.



- **Flying Low:** Lie down on your belly on your mat. See if you can fly while lying on the floor (Locust Pose). This pose makes our backs super strong. Lift arms and legs with an inhale. Try to keep legs together and bring your upper body off the ground one more inch. Come down on an exhale.



- **Superhero pose:** Make up your own pose!
- **Spiderman Super Sense**
- Come to a comfortable sitting position in a circle. You will need several family members to form a circle. Use an object like a flower, leaf, or pom pom.
 - Pass the object around to all the players first, but with your eyes closed so you can feel it. Notice what it feels like and imagine it in your mind.
 - Pass the object around the circle, but now with eyes open. Notice what it looks like, the color, the shape, the bumps and curves of the object.
 - Choose a person to be Spiderman.

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- Spiderman leaves the circle and closes his eyes while someone hides the object under their bottom.
 - Spiderman is asked to take a breath and imagine where the item may be. With this sense activated, can he locate it?

5 minutes

- Before graduating from Superhero Academy, let's draw how we are feeling about having finished Superhero Academy!
- Say: "I am NAME and I am a superhero! I am ready to make the world a better place!"
- Give a thank you speech to your family and explain how you will change the world!

10 minutes

Reflection: Educator/parent meets with the learner(s) and have them reflect on the following questions:

- What have you learned from today's activities and the whole project?
- How do you plan to make use of this new knowledge in your life?
- What do you still have some questions about?

Educator/parent ensures to respond to any questions the learner(s) may still have on the things they learned about.

ASSESSMENT CRITERIA

- Observation and Interactions

ADDITIONAL ENRICHMENT ACTIVITIES

- Draw yourself as a superhero and write what type of superpowers you want.
- What would you like to do better? What do you want to improve in your superhero?

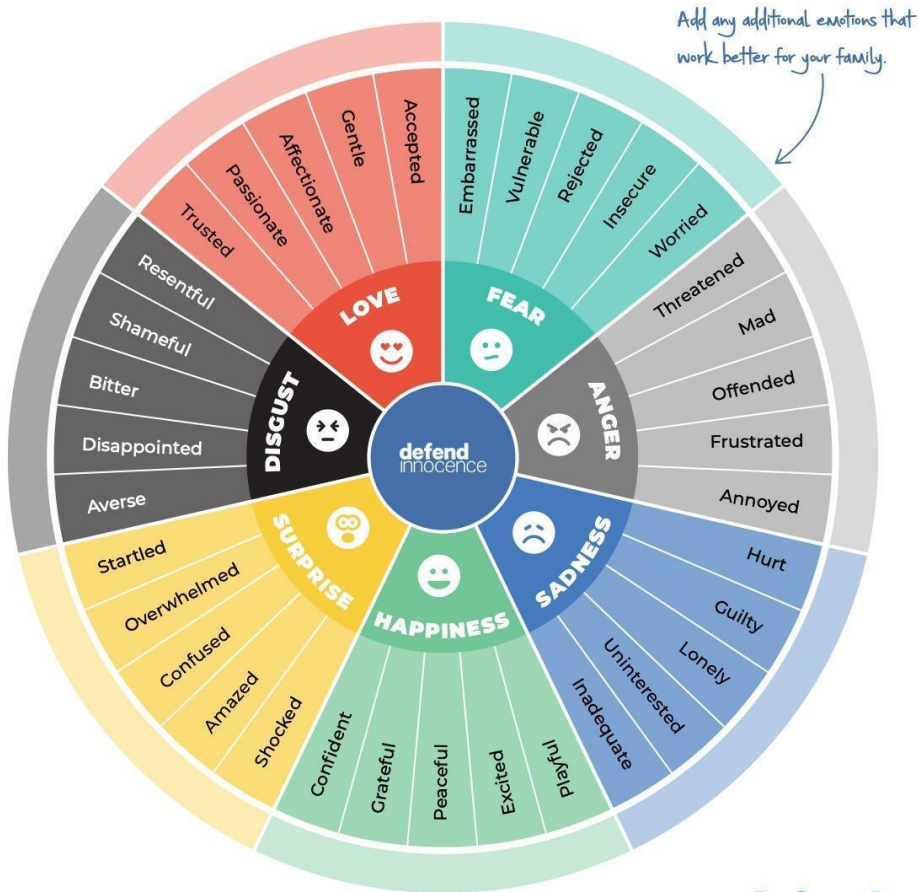


WHEEL OF EMOTIONS

WHEEL OF EMOTIONS

Help your kids learn to identify their feelings with this emotion wheel.

Start with the inside wheel for younger kids, then move to the outer wheel as they get older to help them understand their emotions better.



defend
innocence



YOGA POSES





AMAL ALLIANCE
EMPOWERING GLOBAL CITIZENS

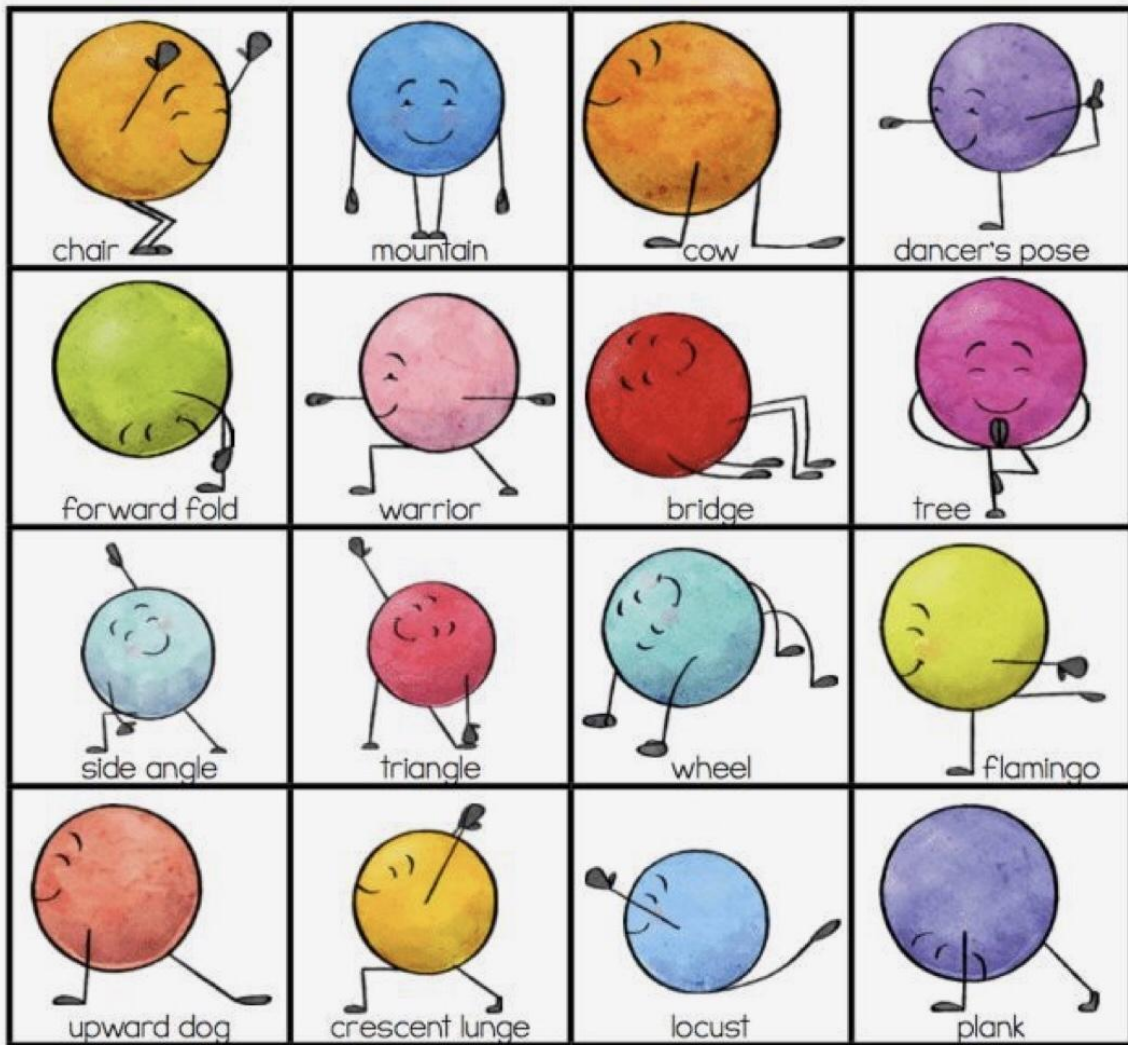
التعليم | education
فوق | above
الجميع | all

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<https://forms.gle/LGAP9k17fMyJrKJN7>



YOGA BINGO

YOGA BINGO



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