

# THEME: Super Powers

Most children have a favourite super hero – Spiderman, Power Rangers, Batman, Superman – to name but a few! This Programme has a simple fun craft to give them all super powers!

An introductory activity can be used as the Squirrels arrive at the meeting place – colouring or simple puzzles can keep children occupied until all the Drey arrives or use a ‘joining-in’ style game, such as ‘The farmer wants a wife’ or a circle format ball game.

Add snack time where necessary!

TIME (mins)	ACTIVITY	EQUIPMENT
5	Welcome, Register, Opening Ceremony, Introduction to Programme	
10	GAME: Super Heroes <ul style="list-style-type: none"> <li>○ <i>Position pictures around the walls</i></li> <li>○ <i>When the Leader calls out the name of a super hero the Squirrels run to the picture!</i></li> </ul>	Pictures of super heroes Blotack
10	GAME: Super Powers <ul style="list-style-type: none"> <li>○ <i>The Squirrels find a space in the hall and listen as the Leader calls out various actions</i></li> <li>○ <i>The Leader says, ‘With my super powers we can...’ and then adds an action – ‘jump very high’, ‘take big steps’, ‘run very fast’, ‘curl up small’, ‘go slowly’, and so on!</i></li> <li>○ <i>Vary the actions so the Squirrels get lots of exercise!</i></li> </ul>	None
10	GAME: Super Statues <ul style="list-style-type: none"> <li>○ <i>The Squirrels run about and when a Leader claps their hands they pretend to be different super heroes with special powers</i></li> <li>○ <i>The Squirrels can pretend to be well known super heroes from films, TV or comics or they can make up their own!</i></li> <li>○ <i>As the game continues the Leaders can ask the children who they are and what their special power is!</i></li> </ul>	None
10	CRAFT: Power Wristbands <ul style="list-style-type: none"> <li>○ <i>Cut the kitchen roll tubes into sections approx. 5 cms (each tube would make about 3 or 4 wristbands) and cut open lengthways so it can slide onto the child’s wrist</i></li> <li>○ <i>Give each Squirrel two wristbands and allow them to decorate as they please with crayons, pens and coloured sparkly stickers for extra super hero powers!</i></li> </ul>	Kitchen roll tubes Art materials Coloured stickers
10	GAME: Heroes To The Rescue <ul style="list-style-type: none"> <li>○ <i>Choose one Squirrel to be the villain who chases the others</i></li> <li>○ <i>Choose one to be the super hero who can free anyone caught</i></li> <li>○ <i>If a Squirrel is caught they stand still with arms above head</i></li> <li>○ <i>Once the ‘hero’ touches them they can join in again</i></li> <li>○ <i>Try to make sure that everyone has a turn at both roles!</i></li> </ul>	None
5	Closing, Home	

