

X-RAY VISION

The superheroes practice their x-ray vision skills by reaching into mystery bags and trying to guess what the objects are by touch only. This superhero game is as simple as filling some brown paper lunch bags with different household objects or even food such as popcorn, an apple cut in half, broccoli florets. Use your imagination and you'll come up with all kinds of things.

SUPER HERO DAY

ICEBREAKERS.

"Pass the Superpower" and "Practice the Superpower."

- In "Pass the Superpower," kids had a super power (an object to be passed) that they were sending around a circle to protect it from the "villains" (staff). They could "whiz" (pass), "boink" (reverse), or "zap" (pass across) while staff around the outside of the circle reached in to grab the super power.
- In "Practice the Superpower," kids spread out throughout the room and had to freeze. Shout out a super power and kids would have to practice that power. I would then shout out another, and while still practicing the first, they would practice the second. When we got to three, I would shout out "regular person" and they would go back to having no powers. Example: "You can lay magical eggs!" "You can roar as loud as a lion" "You can jump higher than a Kangaroo!" *Kids pretend to lay eggs (the faces were great!), while roaring, while jumping.

SUPER HERO HANGMAN

This was a "have extra time and need an extra game" activity. Make a list of "superhero" themed words and phrases. Other simple games can be adapted to fit themes as well (Pictionary, charades, 20 questions, etc.).

MAKE YOUR OWN SUPER HERO

Members were divided into their same teams. Each team dress up and create a "back story" for at least one superhero or villain.

SUPER HERO BOOK MARKS



TAKE SOME COOL SUPER HERO PHOTOS

Take photos for each child or in groups. To make the city scene all you need is an old blue sheet, a ladder, a cloud pillow or two, buildings made out of cereal boxes and duct tape, and of course a willing super hero with a cape and mask.



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SNOD Activities

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WATER BALLOON BOTTLE RACE

Time: 15 - 20 minutes

Summary: Summer water balloon game to play out in a field.

Goal: Be the first team to fill up their water bottle.

Preparation:

- You'll need four empty water bottles (same size).
- About 200 filled water balloons and three baskets (about 66 water balloons in each basket).

How to Play Water Balloon Bottle Race:

1. Separate everyone into teams of 5 (or as evenly as you can). Line each team in parallel lines, with approximately 10 feet between each teammate. Give an empty water bottle to the person at the end of each line. At the front of each line at an even distance, place the baskets down on the field.

2. When you say "go", each person at the front of the line grabs one water balloon from the basket. They need to toss the water balloon to the second person. The second person tosses the balloon to the third person, and so forth. The first person can only grab a water balloon after the previous one is popped.
*Note: The person cannot put the water balloons in the bottles and pop it inside.
3. The last person in line needs to pop the balloons and try to get as much water in the water bottles as possible.
4. At the end of the game, all of the water balloons will have been popped. The team with the most water in their bottles wins the game.



JUMP WATER

Run a strong stream from a garden hose back and forth like a snake under your child's feet, allowing him to jump over it. With more kids, turn it into a competition: Whoever's feet don't get drenched wins!

LIQUID LIMBO

Use the stream from a water hose as the stick for a high-stakes game of limbo

WATER BALLOON FOOTBALL

Just like in real football, the goal of this game is to get your ball across the goal line. However these balloons are much more fragile than a football! While the offensive team tries to protect the "ball" the defensive team tries to break the balloon. The team that gets the most balloons across the goal line without breaking wins.



WATER-GUN TAG

This clever twist on a classic is pretty self-explanatory: Have everyone don bathing suits and play tag. Whoever is "It" gets the water gun and tries to tag the other players with cold squirt!

How to play

1. Divide children into teams to play this game. Now make the teams sit on the ground in a line with their eyes blindfolded.
2. Before you blindfold the members give them a disposable plastic cup each. Keep one water filled bucket at the start of the line and one empty bucket behind the line. Now what the players have to do is to - pass the water from the filled bucket to the empty bucket using the glasses.
3. The children sitting first will fill the glass from the bucket and pour it in the glass of second child, the second child will then pour it to the third member's glass and so on. The funny part in this game is that all the children are blindfolded and no one will know that they are pouring the water in the glass or spilling it. The team which fills the empty bucket first will be the winner. You can either have a time limit and check the amount of water filled in the empty bucket or change it accordingly.

HAVE A SILLY WORD DAY.

Pick an ordinary word to be the silly word of the day, and anybody who accidentally says that word during the day has to do something silly. For instance, if the silly word of the day is "car" and you forget and say it, you might cluck like a chicken or yodel.

GO ON A JOKING SPREE!

Write out corny jokes on small pieces of paper and leave them for folks to find- on counters, in bathroom stalls, you name it.



SUPER HERO DAY!

Let the kids have some fun making superhero cuffs. Pretend play is always more fun when they make their own props!

SPIDER WEB GAME

How-To: The children stand in a circle with a roll of string or wool, with one child in the middle. The children toss the ball of string across the circle to each other, wrapping it around themselves before tossing it on to someone else. After a few minutes, the string is crisscrossing the circle, wrapping everyone up together in a tangly spider web. The child in the middle must use teamwork and wriggle out of the spider web to break free.



MAKE A SMALL WORLD OUT OF CARDBOARD BOXES

SUPER-DUPER OBSTACLE COURSE

The little superheroes practice their superhero skills with a super-duper obstacle course games. The course can be created from all kinds of household objects. You can even mix in mini-games throughout the course. Some fun ideas for obstacles are can be:

- Running through hula hoops
- Jumping on a pile of cushions or pillows.
- Have them limbo.



- Shoot a rocket through a hoop or a target. (find cheap rocket guns at the dollar store)
- Pop a balloon
- Karate chop a bad guy (you can use a cushion or bop bag for the villain)
- Climb through a tunnel.
- Weave in and out of cones (cones can be anything)
- Bust through a wall. Stack up cardboard boxes to make wall.- Spin around on a bat.

Let your imagination run wild and set the course up however you want with whatever you've got. You can play for best time or just let them run through the games and obstacles for fun. Award prizes for all kids when they've reached the finish.

PHONE BOOTH DRESS-UP RELAY

It is important as a superhero to conceal your true identity. In this superhero party game the guest race to put on an oversized blazer, shoes and glasses and run to their teams phone booth to change out of the disguise and into the superhero cape, mask and boots. They then rush back to their team and remove the superhero costume and pass it to the next member of their team. The first team whose members complete the race wins!

You can make a phone booth out of an empty refrigerator box. You can find these at appliance stores for free. Next you'll need to find the costume props. You can find these at a thrift store if you don't have them already. Make a cape using an old pillow case. Masks can be bought at the \$2 shop.