Super FUN!

Power up your children's playtime with superhero masks, and help them develop their own positive identities.

Superheroes are portrayed as having unique abilities to overcome challenges and obstacles that stand in their way. This may help explain why some children seem to feel braver when they put on a "superhero" cape or mask, and become more eager to try new things. When managed well with clear guidelines to keep playtime safe, superhero play can be a learning opportunity for children. Talk to them about real-life heroes they can relate to,

like policemen, whose job is to catch the "bad guys". You can help them identify positive qualities these heroes possess – especially character traits they can emulate – such as a sense of justice and readiness to help others in need.

Help your child transform into his or her favourite superhero by crafting a superhero mask together. Parents who need more ideas can use templates from **www.firstpalette.com/tool_box/printables/superhero.html**. ❤

POW!

MATERIALS

- Letter-size or A4 printable card stock
- Crayons, paint or any colouring material
- Elastic string or elastic band
- Scissors
- Hole punch

SPLASH!

FOLLOW THESE STEPS

1 Choose your preferred superhero mask template and print it out onto A4 or letter-size card stock.

2 Get your child to colour or paint the mask to look like his or her favourite superhero.

3 Cut out the mask, including the eyeholes.

4 Punch a pair of holes on each side of the mask. Cut a length of elastic string (about 30cm long) and tie the ends around the pair of holes at the sides of the mask.

WOW!

5 Try the superhero mask on your child. It should fit snugly but not too tight. Adjust the length of the elastic string if necessary.

Encourage your child to create a character and decorate the mask just the way he or she imagines the coolest superhero should look like. Your child can alter the templates by drawing around them before colouring them in. Use felt cut-outs and sequins to add texture to the mask.

WHAT DO YOU WANT TO BE?

Fun Fact

Do you know the life cycle of a turtle?

↪ **Egg, Hatchling, Young, Adult**