



2-1 Quick Guide to Breakout Activity Options for Lesson on *What Makes a Hero?*

Reading Aloud activity: We recommend the following books that embody the themes of this lesson plan. After reading each book aloud, ask the children how it relates to the idea of what makes someone a hero. Children may draw pictures of the story as they listen or afterwards.

- [Kindness Is My Superpower by Alicia Ortego](#)
- [Malala's Pencil by Malala Yousafzai](#)
- [Shark Lady: The True Story of How Eugenie Clark Became the Ocean's Most Fearless Scientist by Jess Keating](#)

Physical activity: Ask children to pretend that they are attending a superhero training camp and they need to teach superhero movements to each other. Each child can be a specialist in a different type of movement that they will create and then teach to the whole group. For example:

- Practice a special sprinting run that launches a hero into the sky to fly.
- Practice dodging flying objects and rolling across the ground to avoid obstacles.
- Practice handstands or backbends or cartwheels to avoid magical lasers.
- After each child has had a chance to be the specialist, ask the children to combine multiple movements that they have learned from each other into a whole routine, and see how many they can do in a row!

Drama/Theater activity: Invite kids to form groups and create a skit about this week's theme, which is *What Makes a Hero?* Below are prompts:

- "You and your friends are on your way to a day at the county fair. Just outside the entrance, a family is upset because they lost their dog. You all want to spend as much time as possible at the fair, and you also want to help this family. What do you do?"
- "A severe storm sweeps through your town and causes damage to buildings, homes and schools. Show how you would organize friends to find small ways of helping your community during the recovery. There are many ways to help – watching over young kids, cleaning up trash, baking cookies for first responders – so be creative!"

Visual Art activity: Each child will make a superhero cape. You can use large YMCA T-shirts or have children bring old T-shirts from home. Ideally the shirts are plain on the back.

- Cut off the arms of the T-shirt. Cut it open along the sides. Cut off the front, leaving just the neck, so that the cape can fit over the child's head.
- Children can use fabric markers, fabric paints, or Sharpies to decorate their cape.
- Children can also glue pre-cut felt letters onto their cape to make their name.

