

# POWER UP!

## MAKING THE CHOICE TO BE A HERO FOR YOUR COMMUNITY!



**Grade: K+**

**Month: July**

### Lesson Focus and Goals:

When we think of being a hero, we always think of superheroes and the big powers they have. Things like the ability to leap tall buildings in a single bound, freezing time, or shooting fire from our hands. But, being a hero doesn't have to come great powers. We can take responsibility for helping our community and our neighbors right now. Whether it's stopping bullies from picking on another kid, cleaning up trash, or simply being kind to others...we all have the power to save the day!

### Materials Needed:

- Large roll of butcher paper (can be substituted with the body print out or a drawing on a piece of paper)
- Marker
- Crayons
- Any extra goodies you want to use to spice up your picture when you're done!

### Learning Objectives:

- What makes someone a hero
- Ways we can be a hero for the community (have participants name actions that are heroic)
- Positive self-image

### Structure / Activity:

**Step One:** Lay a sheet of butcher paper on the floor that is slightly longer than the participant (if you do not have butcher paper, this activity can be modified to be done with the print out of the body page or by simply drawing the below actions on blank paper).

**Step Two:** Have the participant lay on top of the paper, then trace around the participant to create an outline of them.

**Step Three:** Have the participant use the crayons to turn the body into a hero (give themselves a cape so they can fly, a mask so no one knows it's them, gloves that shoot lasers, etc). Ask them what types of superpowers they might want and how that impacts design choices.

**Step Four:** Have the participants come up with a name for their hero and write it on the top of the page with the world will after it (e.g. Cat Girl will....)

**Step Five:** Now ask the participants to come up with a list of ways they can help their community without superpowers, things they could do RIGHT NOW! Write that list next to their name on top.

**Step Seven:** Hang up the hero and challenge kids to try at least one of their ideas this week so they can be a hero in their community!

### Take Aways:

Many times we read books or watch movies about superheroes and think, "if I had superpowers I could be a hero too." But the truth is, it doesn't take powers to make a difference. Every day we are presented with opportunities to be a hero for someone in our lives, it's up to us to make the choice to act on it. Just like you see in the stories, people don't always use their powers for the betterment of everyone, which is how we know it isn't the powers that makes someone a hero, but the decisions they make to help others. Think about ways that someone has helped you. How did it make you feel? Wouldn't you love to make someone else's day better? You have the power to do just that! So go out there and save the day!



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