

# The Art Room At Home



## Superhero Project



As our society begins to return to normal, many children and young people may be thinking about what it will be like going back to school. This Superhero Project will encourage children to explore their strengths and the ways in which they can summon their 'superpowers'. It helps them to identify the qualities they look for in a sidekick whilst recognising that overcoming obstacles can be easier with someone by their side as they transition back into school life. The project offers the opportunity for children to build on their confidence, resilience and determination as they put on their capes and face the new term.

### Materials

- paper or card
- paint, crayons, pens or pencils
- recycled items
- string, glue or tape

### Activities

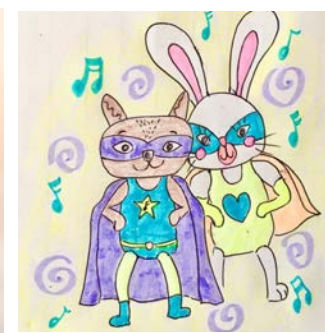
There are three activities in this project. Make one, or all three as an exploration of superheroes!



### Project inspiration

Check out this document for more images, stories, activities and music inspired by 'Superheroes' which can be calming to listen to while you create. We recommend using these extra ideas alongside this project sheet to help inspire your art.

[Download additional resources](#)



### Share your creations

We'd love to see your artwork! Share photos of your creations with us on social media:

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## Activity 1: My superhero



### Imagine

Read this story 'Even Superheroes Have Bad Days' by Shelly Becker



It is on YouTube to read or watch: <https://bit.ly/2NK7ZR5>

Listen to our Superhero Project Playlist on Spotify: <https://spoti.fi/3imjnR4>



'Super Natural' by Marcus Williams



'The Dark Starry Night' by James Hance



'Game Changer' by Banksy



### Activity Aims

- To create your own superhero.
- To explore the personality and qualities of your superhero.



### Create

#### You will need:

- card or paper
- coloured pencils/pens/crayons/paint
- magazines/newspaper
- recycled materials
- scissors
- glue
- toilet roll tube

#### Creative activity steps:

1. Think about what your superhero looks like. Does it have a uniform with a symbol? What makes your superhero special and easy to recognize?

2. Make a picture of your superhero by drawing, painting and/or cutting and pasting different materials onto paper.

Another option is to put different recycled materials together in the shape of your superhero, like the one above..



'Aquaman' by Alexander Drozhzhin



'Super Girl' by Rizky Djati M



### Explore

- What special superpowers does your superhero have? What type of person are they?
- In the book 'Even superheroes Have Bad Days', the superheroes caused trouble when they were upset. When your superhero is not feeling their usual self, how might they use their superpowers?
- How could your superhero use their superpowers to solve problems when going on a new adventure?

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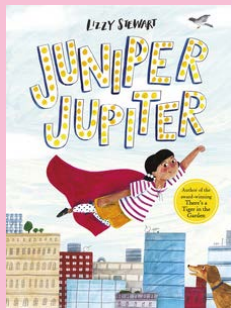


## Activity 2: Searching for a sidekick



### Imagine

Read this story 'Juniper Jupiter' by Lizzy Stewart



It is on YouTube to read or watch: <https://bit.ly/3eSwZBu>

Listen to our Superhero Project Playlist on Spotify: <https://spoti.fi/3imjnR4>



'Batman and Robin' by Benson Harlamert



'Every superhero needs a sidekick' by Andra Lynn



Juniper Jupiter creates posters to help find her sidekick



### Activity Aims

- Think about what qualities or superpowers you want your superhero's sidekick to have.
- Create a poster or drawing to help your superhero find their supportive sidekick.



### Create

#### You will need:

- coloured pencils/ pens/ paint
- piece of paper or card
- magazine/newspaper

#### Creative Activity Steps:

1. Make your own sidekick poster with the word 'WANTED' and a list of what is important to you in a sidekick.
2. Decorate your poster as you wish with symbols and shapes using your choice of the materials above and/or by cutting and pasting recycled paper.
3. On a separate page, make a picture of your sidekick by drawing, painting and/ or cutting and pasting.



### Explore

- In the story about Juniper Jupiter, she wants a sidekick who is super, likes ice cream and can fly. What will your superhero's sidekick be like?
- Imagine you were a superhero. Who would your sidekick be? How would they support you?
- It often helps to have someone by our side when we do something new or tricky. What might be easier for you to do together with someone else?

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## Activity 3: Your superhero adventure



### Imagine

Read this story 'Be A Star, Wonder Woman!' by Michael Dahl



It is on YouTube to read or watch: <https://bit.ly/2C8mgEF>

Listen to our Superhero Project Playlist on Spotify: <https://spoti.fi/3imjnR4>



'Powerful Energy' by Benjavis Ruangvaree



'Nobody is like you and that is your superpower' by Ana y Arte



'Superboy And The Legion Of Superheroes' by Alex Ross

### Activity Aims

- Imagine how your superhero and sidekick will use their superpowers to overcome obstacles.
- Create a piece of art which shows your superhero using their powers



### Create

#### You will need:

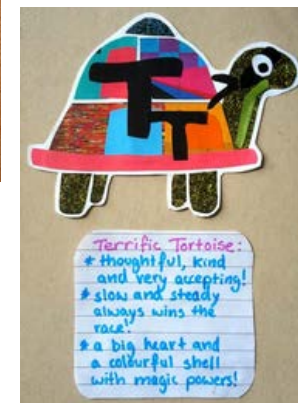
- pen/pencil
- paper
- coloured pens/ pencils/paint
- scissors
- glue/tape
- magazine/newspaper

#### Creative Activity Steps:

1. Take a look at the other examples of superhero symbols on this page, such as the tooth above or the yellow 'W' with a red line for 'Wonder Woman.'
2. Create a symbol/ special shape for your superhero using your choice of materials listed above and/or cutting and pasting recycled paper.
3. Write a description, list or poem about your superhero's special abilities. You can also draw, sing or talk about it if preferred. You could even make up a dance or create a collage or comic strip!



Check out the 'Team Supreme' and their great abilities: <https://bit.ly/300eUwm>



### Explore

- In 'Be a Star Wonder Woman,' there is a 'Star Checklist' of qualities such as kind and honest. What would be on your 'Star Checklist' of superpowers?
- The child in the story has done difficult things alone and with the help of others. When would you and your friends help each other?
- Star Wonder Woman prepares herself for school so she feels more ready for the day! What are some helpful ways you prepare for school?

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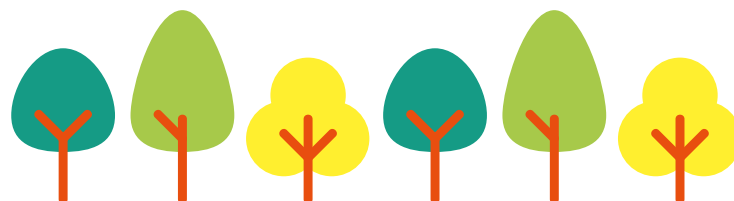
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Superheroes assemble!

Now team up with your superhero and their sidekick to conquer your worries and embark upon your back to school adventure!



### More from The Art Room

If you enjoyed this 'Superhero' Project, why not try one of the activities on our additional resources page?

Continue exploring the theme of 'Superheroes' by downloading our additional resources pack!

[Download additional resources](#)

### Have you seen our other Art Room at Home Projects?

Visit The Art Room At Home website to see our other projects for families, including Calm, Colour, Animal Homes, Space and the Seasons Tree. We'll be adding new projects regularly, so keep checking the website for more.

[Visit The Art Room At Home](#)



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### End of project reflection

- 'A hero isn't born, they are made'. What challenges will make you a strong superhero?
- What superpowers do you have that may help you when going back to school and experiencing new things?
- What positive things or people can you imagine to help you when thinking about going back to school?



### Royal Patron HRH The Duchess of Cambridge

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Place2Be, 175 St John Street, Clerkenwell, London EC1V 4LW, Telephone: 0207 923 5500

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