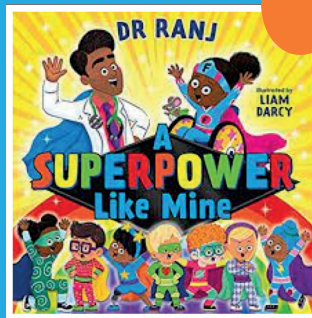


A Superpower Like Mine

by Dr Ranj



Home Activity Pack



Dear Parents and Carers

This activity pack is full of fun to accompany the book 'A Superpower Like Mine', by Dr Ranj, for parents and children to explore at home.

The activities have been created to allow for opportunities to talk, have fun and explore while helping children get ready for school. Children will have explored this book in nursery and then explored it again in September with their class teacher. If they have already explored the book at home, it will help your child to create links to prior knowledge and help them to settle into Reception.

If you do complete any of the activities, please let the Reception staff know - the adults will be excited to share the child's learning with them.

Have fun!

Best wishes,

One Education and Manchester City Council

Read the story

Read the story with your child and talk to them about the book.

- What is their favourite page and why?
What is your favourite page?
- What job would they most like to do when they are older?

Do you have any other superhero books at home that you could read with your child, or can you visit the local library - are there any more superhero books in the library?

Your child may choose to talk to you about other things connected to the book, such as when they have seen a doctor, or when they have seen a recycling truck. Any talk about the book is great, as it shows they are listening, enjoying the story and their time with you while you share the text.



Superpowers at home

Getting ready to start Reception can be a really exciting time. We know that the children in the story all have superpowers inside them. Can your child use their superpowers to be independent and get ready to start Reception?

- Can you practise putting on your shoes?
- Can you put on your coat?
(Top Tip: Put the coat on the floor, stand by the hood of the coat, put arms in and flip it over their head)
- Can you go to the toilet on your own? Don't forget to wash your hands!
- Can you brush your teeth yourself?
- Can you practise getting dressed in the morning?
(You might have to help them, but this is okay.)



Superhero name

All superheroes try hard to write their name. Can your child have a try in this box? Remember - it doesn't matter if they are not yet able to write their name, but they may want to have a go at practising their writing power before they start Reception. Don't forget to remind them of how to hold their pencil.



Superhero dance

Exercising can help us to stay fit and healthy while we have fun. Why not learn a superhero dance? There are a few to choose from.

<https://www.youtube.com/watch?v=ok7V1pWtRzs>

<https://www.youtube.com/watch?v=6y3RMeH0jME>

https://www.youtube.com/watch?v=K_iert5hSKY

Please note these links were correct at the time of the activity pack being produced. We cannot be held responsible for links that no longer work.

Superheroes in the community

Why not go for a walk in your local area?
How many everyday superheroes can you see?

These might be people who help us, such as firefighters, the police, shop assistants, volunteers in charity shops, a neighbour helping a friend, teachers etc.

You might want to draw some of the real superheroes in your life here.



Why not make a superhero family scrapbook?

You are a superhero

Speak to your child about their superpowers (qualities such as being kind, helpful, brave etc) and which superpowers they might use when they start school. Children could then draw themselves as an everyday superhero in their school uniform. You might want to write down the qualities that your child mentions.

Superhero map

Superheroes often make a plan when they leap into action. Talk to your child about the plan or the routine when they start Reception. Children may also want to practise the journey they will take to school with you. They could draw a map of the route they will take here.



Superhero fingers

It is important for all superheroes to strengthen their fingers and develop fine motor skills. It is also important for superheroes to have fun. This can be done by having a dough disco at home! Pop on some music and squish any dough you have!

You can easily make dough at home too.

<https://theimaginationtree.com/best-ever-no-cook-playdough-recipe/>

Make a superhero out of your playdough.

Make a paper plane.

Our favourite superhero song is this one:

<https://www.youtube.com/watch?v=Py4fhsx3Ct4>



Superhero counting

All superheroes need to know how to count. Can your child count from 1 to 20? You might want to count steps outside, how many cars you can see, or how many vegetables are on your plate.

This song is about counting to and from 10 and it also introduces superhero zero to us all!

<https://www.youtube.com/watch?v=6RfIKqkvHTY>

Superpower challenges

Are you ready for some superpower challenges? Ask someone in your family to set a timer on their phone or watch for one minute. Now see how many of these you can do in one minute:

Star jumps, bunny-hops, skipping, press-ups, catching a ball, running on the spot, hitting a ball, kicking a ball.

How do you feel after exercising?

Make up your own superhero exercise routine for your family to do together.

Exercising in the park.

Walk to your new school and back home – talk about what you see. Point out shapes and colours.



Superhero thank you

Why not make a card to say thank you to an everyday superhero in your local area?

If you have scissors and glue at home, you could use this as a chance to practise cutting and sticking. If you don't have scissors or glue, you could use a piece of paper or card and draw a picture.

Don't forget to use it as another opportunity for your child to practise writing their name inside the card so that the recipient knows who it is from.



What next?

Spending time with your child is very important for their development. Once you have explored this text with your child you might want to enjoy another story together.

In children's early life, and beyond, I recommend something called the 4 Ts – Text, Talk, Time and Togetherness, which can promote the love of books for your child, and for you too!

Text

Many adults use texts as a catalyst to facilitate communication and engagement with their children, and texts can be so powerful for so many different reasons. Adults can use texts flexibly in their shared reading activities. In some cases the text shared may not be a book but a comic, a magazine, a picture or a story.

Talk

Shared reading is flexible, open-ended and free. This means that, crucially, it contains space for talk. The talk is usually focused on the text; however, families also use shared reading as a space to simply talk with their child about anything going on in their lives.



Time

Adults and children value the fact that shared reading provides time for them to spend together. For some this is associated with a routine, such as at bedtime, while other families share reading together at any time of the day.

Togetherness

The joint focus on a text often results in adult and child being physically close together. Hearing each other, seeing each other, and taking in the scent of each other are all ways for an adult to connect and develop a relationship with the child; many parents use the terms 'bonding' to explain this.



What do superheroes eat?

Superheroes need to eat food that keeps them healthy and strong.

Fruit and vegetables

Try to eat 5 portions of fruit and vegetables every day.

Draw your favourite fruit.

Draw your favourite vegetable.



What foods would you put in a superhero's lunchbox?



You might want to look through old magazines and cut out pictures of food and stick in the lunchbox below.

Activities to do with your child

- Visit your local supermarket and talk about the fruit and vegetables you see.
- Try new fruit and vegetables at home.
- Make a food rainbow collage by cutting out fruit and vegetables from magazines.



To find out about all the events, experiences and activities
across Manchester for children and families
visit **loadstodo.co.uk**



For sports and other physical activities for you and your family,
visit **mcractive.com**



For help and support on offer for families in Manchester
visit **manchester.gov.uk/helpinghands**



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