

National  
Literacy  
Trust

# Story Quest

Adventures close to home



Back to school  
Superheroes

[storyquest.org.uk](http://storyquest.org.uk)

“You’re a bit quiet today Josh, is everything alright?” asked Grandpa Matt.

“Mmm... I’m just a bit nervous about going back to school,” replied Josh.

“That’s understandable, it’s okay to feel worried. My advice is to be informed and prepared, but don’t feel scared,” reassured Matt.

“But how can I prepare when everything will be so different?” Josh asked.

“I’ve got an idea that might help. You did so well in your astronaut training, I thought you might like to do some superhero training,” said Grandpa Matt enthusiastically.

“It sounds fun Grandpa, but what have superheroes got to do with school?” asked Josh.

“Well, do you remember back in March you became a Stay at Home Superhero?” queried Matt.

“Yes,” replied Josh quizzically.

“You did such a great job that you’ve been selected to become a Back to School Superhero!” responded, Matt disappearing from view. Moments later, he appeared again wearing a blue superhero suit emblazoned with a green ‘SQ’ logo.

“Story Questers Assemble!” commanded Grandpa Matt.

“I’ll be there in a flash Grandpa!” Josh giggled.



# **QUICK AS A FLASH**

Exercise is a vital part of keeping us all healthy and can really help with our wellbeing – both mental and physical.

## **Challenge 1**

Join Josh to develop your superhero strength with these exercises:

### **Hamstring Hulk**

**Stretch your hamstrings for 20 seconds**

### **Run like Robin**

**Run on the spot for one minute like Robin**

### **Squat like Spiderman**

**Do 10 squats**

### **Batman burpees**

**Work through five rounds of burpees**

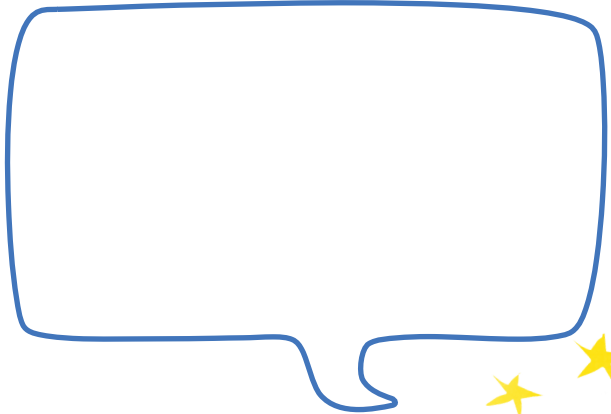
# SUPERHERO SIDEKICK

Superheroes need a sidekick, just like Batman and Robin. Somebody they can trust and rely on who they can share their worries with. This might be a friend, someone in your family or a member of staff at school.

## Challenge 2

What advice do you think your sidekick would give you about being a back to school superhero to zap your worries away? Perhaps you could even ask them and write their response in the conversation below.

**I'm worried about  
being a back to  
school superhero.**



## SUPERHERO SKILLS

Superheroes have special skills: Spiderman has Spidey senses to detect when something isn't quite right, and Wonder Woman is able to whizz through the air.

### Challenge 3

What are your super school skills? You might be a mind blowing mathematician, an amazing artist or a fantastic friend. Write your super skills below.



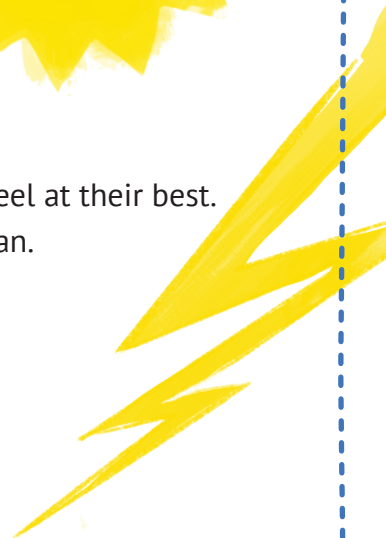
## TAKE A BREATHING BREAK

Taking time to breathe helps superheroes to feel at their best. Whoosh your worries away with Wonder Woman.

### Challenge 4

Whoosh Breath with Wonder Woman

1. Reach your arms up high in the air
2. Take a big breath in
3. Breathe out and make a 'whoosh' sound
4. At the same time, bend forward at the waist and flop your arms.



# Here are some fun activities to try at home:

## Cool Comics

Superhero stories often feature in comics. Create your own Comic Quest to retell your adventures of being a back to school superhero. Read Write Think have an interactive comic creator [here](#).

## Super Stories

Serpentine and the Magic Bubbles is a story to support young children's emotional well-being as schools begin re-opening and embracing a 'new normal'. This free downloadable resource can be found [here](#).

The Book of Hopes is an extraordinary collection of short stories, poems, essays and pictures to comfort, inspire and entertain children. Read it online [here](#).

## Sausages and Superheroes

This fun game can be played at a safe social distance on the playground with other superhero students or in an open space with family.

### You will need:

One picture of a superhero and one picture of a sausage

### How to Play:

1. Nominate a child or adult to be the leader.
2. Players move around the space maintaining a safe distance (march, skip, jog-it's up to you!)
3. When the leader shouts "SAUSAGES AND SUPERHEROES" all players must stop and choose which to be. Superheroes have a fist in the air as though they are soaring through space like Superman. A sausage lies down.
4. Once all players have taken their positions, the leader lifts up one of the picture cards. All those not being the object shown are out. The winner is the last superhero or sausage left!