

National
Literacy
Trust

Story Quest

Adventures close to home



Home Schooling
Superheroes

storyquest.org.uk

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

“Mmm... I’m just a bit worried about not being able to go back to school, and everything that is happening at the moment,” replied Josh.

“That’s understandable, it’s okay to feel worried and even a bit sad sometimes. I understand that you miss your friends and that you are worried about missing out,” reassured Grandpa Matt.

“But what can we do while schools are closed?” Josh asked.

“I’ve got an idea that might help. Would you 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 Home 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.**

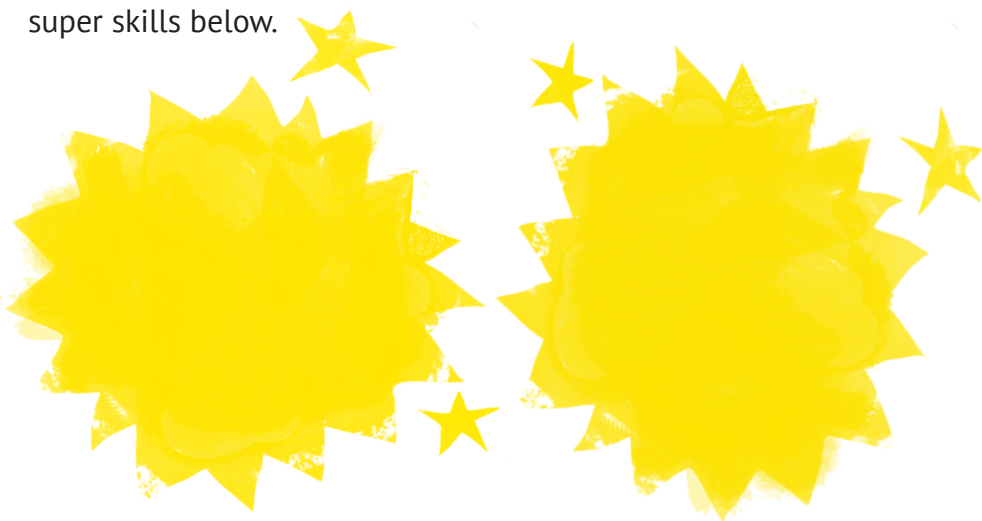


SUPERHERO SKILLS

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.



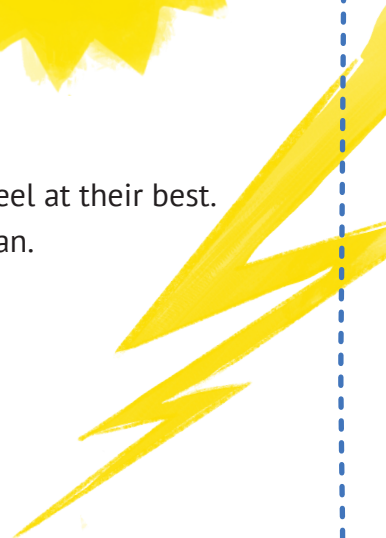
TAKE A BREATHING BREAK

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!