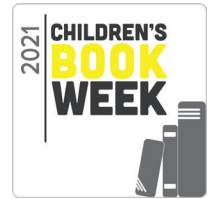


# The Arts

Use these activities to help find your superpower



**SUPERPOWER (noun): a skill, personal trait, or passion that plays an important role in your life, helps you do good in the world, and makes you feel special, happy, and confident.**

Choose one or several of these activities and have fun discovering or reaffirming your superpower! Don't forget to ask for help and permission from your parent, caregiver, or teacher.

Not all of these activities are directly related to superpowers or superheroes, but will still help you to pinpoint your own personal superpower!

**Explore the arts with this activity list including theater, dance, visual art, crafts, and writing.**

- Write a short skit or play -- it can be about superheroes or whatever you want. Find family or friends to play the roles and someone to be the audience.
- Use recycled materials (egg cartons, empty jars and containers, paper towel tubes, etc.) to create a statue of someone who inspires you with their superpower.
- Make your own cards. Using paper and art supplies around the house, create handmade cards and write messages to your favorite people. Ask an adult to help you mail them.
- Teach your favorite craft activity to a sibling, friend, parent, or other adult.
- Make your own Children's Book Week decorations using stuff you have at home.
- Come up with your own superhero theme song (hums, or dahs, or oohs to make it simple).
- Create a superhero costume for yourself.
- Use play-doh or clay to build your superheroes' hide-out.
- Create a story in the topic you like and then make puppets to put on a show for your family and/or friends!
- Write a short story or poem about your favorite art form.
- Draw a comic strip or page of a picture book about your favorite art form.
- Read one book from the themed book list and share it with a friend or family member.
- Ask for a book recommendation on the theme from a friend, family member, teacher, or librarian.
- You found a great book about art? Sit down with a parent, family member, family, teacher and read to them your favorite paragraph or chapter so you can talk about it.