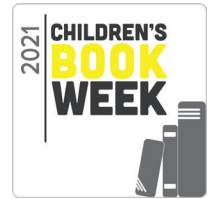


Physical Fitness and Sports

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!

Use these activities to get up and get moving.

- Make up your own sport or game, complete with rules, and find someone to play it with you.
- Pick one physical activity and pledge to do it every day for a week. How do you feel at the end of the week versus the beginning?
- Neighborhood dance party! Invite your neighbors to come over for an outdoor dance party.
- Obstacle course, set up an obstacle course using stuff you have at home.
- Is there a new sport you have always wanted to try? Now is the time. Ask an adult to practice with you and find a book about the sport to give you some insight into how it works.
- Outdoor scavenger hunt. Write down a list of things you see in your neighborhood. See how fast you and friends or family can find them all.
- Yoga; find a yoga video for kids online and find your zen.
- Neighborhood field day; get your neighbors involved in a day of physical activity. Set up a field day with different activities at different peoples houses.
- Chalk exercises; ask an adult to make mazes, hopschotch, and other fun games on the sidewalk or driveway.
- Hike or nature walk. Find a park, hiking trail, or other outdoor area and get to walking.
- Write a short story or poem about sports or physical activity.
- Draw a comic strip or page of a picture book that features sports for physical activity.
- 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? Sit down with a parent, family member, family, teacher and read to them your favorite paragraph or chapter so you can talk about it.