



Take pictures of yourself being a 'superkid' at home. Did you tidy your room or help set the table. Explain to your friends how you helped your family.

You can use information books and the web to find out about the Guinness world record holders and their superhuman achievements.

Plan or make a lunchbox fit for a superhero. Take a photo. Label the food and explain why you chose that food.

Make a model of a superhero, using play dough, clay, junk modelling or papier-Mache. Take a photo of your finished model.

If you could have a super power, what would it be? Draw a picture or write a story about the adventures you would go on.

Take a photo of your real life hero, could be a family member or friend. Tell someone why they are your hero. Draw a picture of your hero and label with the qualities that make them special.