



THE POWER OF EARLY LEARNING

You can find resources for early childhood development as well as additional Superhero Challenge Cards at: [www.readyleague.com](http://www.readyleague.com).

# SUPERHERO CHALLENGE CARDS

This section contains activity ideas using the materials found at home. The materials are meant to be used with experienced helpers—parents, older siblings, etc.— as your young child may need help and companionship to fully understand and engage in these activities. The suggested activity ideas are just that—suggestions! Please use them as a place to start your play, but feel free to let your child’s creativity and interest guide the experience. And most importantly, have fun!

The Ready League is a Natrona County initiative designed to improve school readiness by promoting a superhero-way of interacting with materials and thinking about the various experiences in the daily lives of children.



THE POWER OF EARLY LEARNING

## Superhero Challenge

### Powerful Play – Make a Fort

#### You Will Need:

- Flashlight
- Couch cushions
- Pillows
- Sheets, towels or blankets
- Clothes pins or chip clips
- Various pieces of furniture like your table, chairs or couch

#### Instructions:

1. Use your couch or table as the main structure.
2. Move chairs near your base. You may need to lay them on their side.
3. Drape sheets or blankets over the furniture.
4. How can you make walls? What might you use?
5. Crawl in with your flashlight.
6. Use your imagination for playing with your fort.

#### Additional Ideas:

- Turn your fort into a Superhero Home Base.
- What could you pretend your fort is? Castle? Cabin? Plane?
- Find a book to read in your fort with your flashlight.



# Superhero Challenge

## Treasured Talk

### You Will Need:

- A family member or helper
- Paper
- Crayons

### Instructions:

1. Have your helper tell a story about their family. Make sure they give details of the trip, the people or the event.
2. Draw a picture together illustrating the story that was shared.
3. With help write a word that goes with this story and picture. What letter do you think this word begins with?

### Additional Ideas:

- Take turns acting out routines at your home (washing dishes, eating at the table, brushing teeth) and take a superhero guess what routine they are doing.
- Use the beginning letter of your name. Think of words that start with the same letter that describe (silly Sam, sad Sam, Sleepy Sam)



# Superhero Challenge

## Helpful Heroes at Home

### You Will Need:

- A helper
- 20 minutes

### Instructions:

1. Find out what special interest, hobby or household chores people do at your house.
2. Ask if you can do a small task alongside them the next time they do it.
3. Have the helper explain what they are doing or why it is important.

### Additional Ideas:

- Start a new chore at your house.
- Set the table with a fork, spoon and table knife for each person eating. Add a napkin or paper towel.
- Organize your toys. Put them in piles or containers by the kind of toy, by color or by size. Show an adult what you did.



# Superhero Challenge

## Super Sharing and Caring

### You Will Need:

- Photos or pictures
- Mirror
- Crayons
- paper

### Instructions:

1. Pick 5 photos that have people in them.
2. Look at each face in the photos
3. How are they feeling? How do you know? What clues do you see that makes you think this?

### Additional Ideas:

- In the mirror, make your face look: happy, sad, angry, excited and scared.
- Make a card from folded paper. Draw a picture of you and someone special. Write your name and their name. Take it to this person and tell them what makes them so special.
- Trace a hand. Think of 5 things you can do to help at home. Have a helper write those on each finger. You're a Superhero helper!



# Superhero Challenge

## Shazam! – Sing and Dance

### You Will Need:

- A smile and your best effort

### Instructions:

1. Have a helper find a nursery rhyme (Jack and Jill, Humpty-Dumpty, Little Bo Peep, etc.)
2. They will read or say it out loud a few times.
3. Act out what the words say.
4. Way to have fun and build your brain!

### Additional Ideas:

- Sing along to a song on the radio or on TV.
- Have people in your house share a favorite song from when they were little. Have them teach it to you!
- Listen to songs and dance to the music. Play the "Freeze Game." Take turns saying "Freeze!" Everyone has to stop and be frozen until they hear "Dance" again.



# Superhero Challenge

## Dynamic Dressing

### You Will Need:

- Coat
- Hat
- Gloves or mittens

### Instructions:

1. Lay coat on the floor with the inside up. Stand at the hood or collar. Bend over and slide hands into sleeves flipping the coat over your head. You did it, your coat is on!
2. Match the ends of your coat and put the end of the zipper in its place. Hold and pull up on your zipper tab. After you tried and if you still need help, ask a helper.
3. Put your hat on your head and gloves/mittens on your hands. Where did your fingers go?

### Additional Ideas:

- Add snow pants and boots.
- Test your superpowers: Can you zip? Snap? Button? Tighten Velcro? Tie your shoe or a knot?



# Superhero Challenge

## Incredible I Spy Investigations

### You Will Need:

- A safe place to walk in your neighborhood with an adult
- Baggie or container

### Instructions:

1. Decide where you are going to walk to (park, school, end of block).
2. Plan to collect certain items. (Green things, rocks, leaves, pine cones, tiny things, etc.).
3. Take your baggie and collect these things as you walk.
4. Arrive at your place and play!
5. Walk back to your home - keeping a sharp eye for items.
6. Share what you found with others when you get home.

### Additional Ideas:

- Remember the order of 3 things you found. First, I found \_\_\_\_\_. Then I found \_\_\_\_\_. Lastly, I found\_\_\_\_\_.
- Describe something you saw on your walk. See if your adult can guess it.



# Superhero Challenge

## Exciting Edible Explorations

### You Will Need:

- A helpful adult
- Slices of bread
- Cookie cutter
- Things to make a sandwich

### Instructions:

1. Place 2 pieces of bread on a plate.
2. Place cookie cutter on bread and press down. Remove outside bread.
3. If you are adding cheese or lunchmeat, use your cookie cutter to cut these.
4. If you are using peanut butter and jelly, spread these on your slices of bread.
5. Match up your slices of bread and/or sandwich insides.
6. Admire your creation - and eat! Yum!

### Additional Ideas:

- Help your family cook. Help with measuring, counting, pouring and stirring. Help make the shopping list and go grocery shopping!



# Superhero Challenge

## Superhero Training Camp

### You Will Need:

- Space to move around

### Instructions:

1. Army crawl like Captain America then stomp like the Hulk.
2. Fly like Iron Man then walk on all fours like when Spiderman moves on buildings.
3. Jump from one spot (building) to another like Batman or Cat Woman - then chase a villain!
4. Sit and stretch like Elastigirl.

### Additional Ideas:

- Go to a local playground. Pull yourself up on a bar 2 times.
- Walk along a crack in the sidewalk putting one foot in front of the other.
- Push a friend or younger sibling around in a cardboard box. What kind of vehicle are you pretending it is?



# Superhero Challenge

## Mission Report!

### You Will Need:

- 2 stamps
- 2 envelopes
- Paper and crayons

### Instructions:

1. Draw a picture of you doing something showing your power.
2. Put a stamp on the envelope.
3. Have a helpful adult put your mailing address on it.
4. Plan a trip to the post office with your helpful adult.
5. Mail the envelope to yourself.
6. When will it come to your home? Look for it in your mailbox!

### Additional Ideas:

- Do it again! But this time send it to us, so we know you are a Ready League Member! Mission Control  
Casper College  
125 College Dr.  
Casper, WY 82601



# Superhero Challenge

## Make Up Your Idea

### You Will Need:

- Imagination
- Helper to write your ideas

### Instructions:

1. Create an idea at your house.
2. Write the instructions you could share with others.
3. Post it to Ready League Face Book Page at [www.facebook.com/ReadyLeaguewy](http://www.facebook.com/ReadyLeaguewy)

