

SUPERPOWERS TO HELP US GROW!



Use your words.



Stay focused.

Be alert.



Think before you act.

Be curious and ask questions.

Try your best.

Put your thinking cap on.

Be a good listener.

Be a friend.

Keep moving.

It's time to be a hero!
Let's put these skills to the test
and do our personal best!



Superpowers to Help Us Grow!



Dear Teacher,

Welcome the new school year with a program that empowers your students to grow and develop social, emotional, and problem-solving skills with the PJ Masks characters from the hit preschool show. You can practice these skills—also known as superpowers—every week with the suggested activities in this guide. In addition to the superpowers, many of the activities also reinforce teamwork, vocabulary, and communication skills.

Superpower Hour!

Goal: Challenge students to practice everyday “superpowers” that will help them learn and grow.

Time Needed: 30 to 60 minutes per week

Materials Needed: Classroom poster on the back of this guide; activities on the following page

- **Read** the poster with your students.
- **Ask** students what each sentence means.
- **Explain** complex concepts. For example, explain that “Be alert” means to look at things carefully.
- **Choose** one area to focus on each week or invite your students to select the topic.
- **Use** the activities and discussion starters below to practice the associated skills.

“Make a Match!” Student Activity

Goal: Students will practice memory skills with a fun game that challenges them to recall and match illustrated cards.

Time Needed: 15 to 30 minutes (game play time can be extended)

Materials Needed: Copies of the “Make a Match!” Student Activity Sheet, crayons, kids’ scissors

- **Ask** students:
 - ♦ What things come in pairs? (*shoes, socks, etc.*)
 - ♦ What does it mean to “make a match”? (*to find two items that are the same*)
 - ♦ Can you find two items that are a match in this room? (*windows, doors, chairs, books, etc.*)
- **Distribute** the activity sheet and read the instructions to the class. Students will color matching images in the same color, and then cut them out.
- **Organize** students into pairs. Have pairs shuffle their cutout cards and place each one facedown on the table.
- **Explain** that they will take turns finding matching images. They flip over one card at a time and use their memory to recall where the matching picture is. They then flip that card. If a student finds a match, he or she keeps the cards and the next student goes.
- **Add a challenge** by grouping students into teams of three, four, or more and have them join their cards for an expanded version of the game.

For more resources, visit scholastic.com/PJMaskssuperpowers and pjmask.com/grown-ups.



10 Activities for Superpower Hour!

1. Feelings: Use your words

Use simple line images representing emotions like sadness, anger, happiness, or fear. Have students share examples of when they feel these emotions and what they can say to let others know how they feel. Students might role-play their reactions to practice using words.

2. Self-Control: Think before you act

Remind students it is important to think before we act so that we don't get hurt or hurt others. For example, **take caution** in various situations, such as crossing a street, walking in a parking lot, walking in the school hallways, playing on the playground, etc.

3. Curiosity: Be curious, ask questions

Play a guessing game. Put a small object or picture in a "curiosity" box. Invite the kids to ask you "yes" or "no" questions to try to guess what's in the box. When done, use the object to extend the learning. For example, if it is an object, ask where it was made, what it is made of, etc.

4. Perception: Be alert

Play "A, B, C, What do we see?" to reinforce visual cues and perception. Organize students into small teams and assign each group a letter. Each team will identify three to five things in the room that start with the letter and share the list with you. Each group will then present its letter and the other teams must guess what items they identified and put on their list.

5. Listening: Be a good listener

Play a game of "Telephone" to see how well students can listen and send a message. Line up students or have them sit in a circle. Say a silly sentence to the first student and have him or her whisper it to the next person and so on. Have the last student say the sentence aloud. Play multiple rounds, changing the students' order.

6. Persistence: Try your best

To encourage students to support one another, they will work as a team to complete a simple obstacle course. **Create a three-part course** in which students hop a short distance, bounce a ball, walk sideways, jump rope, etc. As each student goes through the course, lead the others in a cheer to support their classmates!

7. Friendship: Be a friend

Emphasize communication with a role-playing game in which students **act out or describe what they would do to be a good friend** in various situations. For example, ask students what they could do or say if a friend is sad, sick, feeling left out, nervous about a sports game or recital, new to the school, etc. Emphasize the importance of compassion and inclusion.

8. Precision: Stay focused

Practice fine motor skills by having students create their own **sticker name sign**. Provide students with construction paper and markers and have them write their names on them. Then provide colorful circle stickers and instruct them to decorate their names by carefully placing stickers along each letter.

9. Memory: Put your thinking cap on!

Practice patterns, sequencing, and memory skills by having students work in teams to create patterns with blocks, crayons, playing cards, etc. Have the team look away as you remove parts of the sequence. Then challenge them to use their memories to rebuild it.

10. Movement: Keep moving

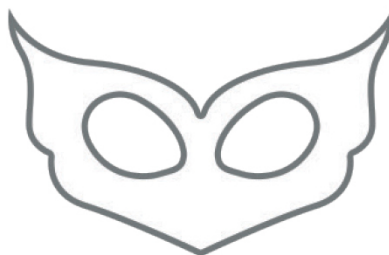
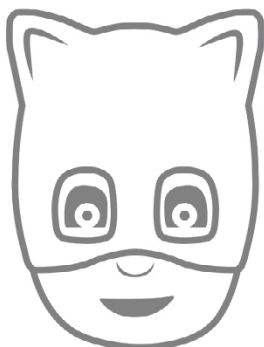
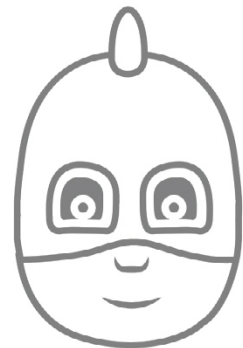
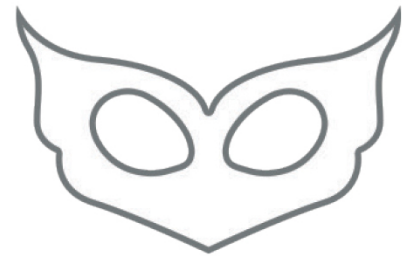
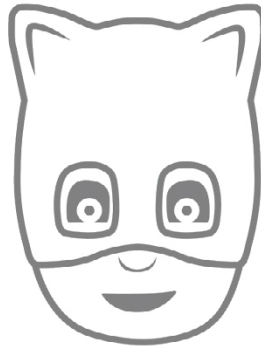
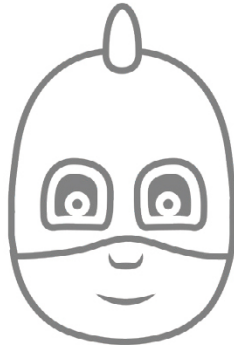
Practice gross motor skills and **get kids moving with a relay race**. Students might work in teams or as one group. Have one student at a time run, hop, bounce a ball, or balance a beanbag on his or her head for a short distance, and then tag the next student in. Everyone gets a turn!

Family Connect: Learn about the **PJ Masks** show and fun video content in the letter for grown-ups in this guide, and make copies of the letter for families to extend the learning, growing, and fun at home.



Make a Match!

Put your thinking cap on! Color in matching pictures with the same color. Then cut the cards out. Place each card facedown on a table. Pick up one card at a time. Try to find its match!



Superpowers to Help Us Grow!

Dear Grown-ups,

In school, your child has been practicing teamwork, problem-solving, and other developmental skills—also known as his or her superpowers—with a free program featuring the *PJ Masks* characters. The *PJ Masks* show is about heroism and empowerment.

Continue the learning at home by reinforcing these superpowers with the fun activities below. Practice a new topic each week and have your own Superpower Hour!



10 Activities for Superpower Hour!

My Feelings: Use your words

When reading books, ask your child how he or she thinks the characters feel and why. How would your child feel if he or she was the character?

Self-Control: Think before you act

Play simple strategy games like checkers and tic-tac-toe to encourage your child to think before he or she takes his or her turn.

Curiosity: Be curious, ask questions

Take your child to the library to find books on a topic he or she is interested in and read them together.

Perception: Be alert

Play "I Spy" when you're out doing errands to help your child become aware of his or her surroundings. Have your child help you find items in a grocery store.

Listening: Be a good listener

Go for a walk and identify all the sounds you hear. See if you can guess the source of each sound!

Persistence: Try your best

Create a fun storybook or building-block city together. Point out that some projects take time and sometimes you may have to go back and make changes.

Friendship: Be a friend

Write notes or create cards for friends. Talk about what good friends are like, emphasizing positive characteristics such as kindness and inclusiveness.

Precision: Stay focused

Create puzzles with pictures from old magazines or coloring books. Have your child cut out the pieces using kid-friendly scissors and then put the puzzles together.

Memory: Put your thinking cap on!

Read a story together. Have your child reread it to you using the pictures, or read it again and stop at various points so your child can say what happens next.

Movement: Keep moving

Select a designated dance time, such as before dinner. Play your favorite songs and make up a dance.



About *PJ Masks*

PJ Masks is a show about heroism. As night falls, a trio of friends magically transform into the *PJ Masks*! Together, these three can tackle any situation and embark on action-packed adventures across the city. Learn more at pjmask.com/grown-ups and check out the fun video content and episodes at bit.ly/1SbR8DO.

