



Finish the Race

SUPER CARS

ORIGIN STORY



Items Needed

- costumes
- cut out car
- tambourine
- yoga mats
- empty paper towel or toilet paper rolls
- index cards
- cut out superhero icon

LESSON

1

Invite each child to dress up as a superhero for the day. Have them describe their costume.

LESSON

2

Have each child state which Super Car was their favorite and why. Draw a picture of the car on the car cutout.

LESSON

3

Have each child pass the tambourine around and have them shake it while sing their favorite superhero-themed song. Recommended: "Kids Superhero Song" youtu.be/Py4fhsx3Ct4

LESSON

4

Using yoga mats, have children do different yoga stances as superhero poses (e.g. flying, freezing the villain, sticking the landing from a high jump.) Inspiration here: www.kidsyogastories.com/superhero-yoga-for-kids/

LESSON

5

Cut one side of a paper towel or toilet paper roll. Have each child decorate rolls to create arm cuffs. Use tape to fasten the completed arm cuffs to the children's arms.

LESSON

6

On index cards, write one super action (e.g. jump 10x on one leg, 5x jumping jacks, 5x broad jumps. Shuffle the index cards and have each student draw one then perform the action.

LESSON

7

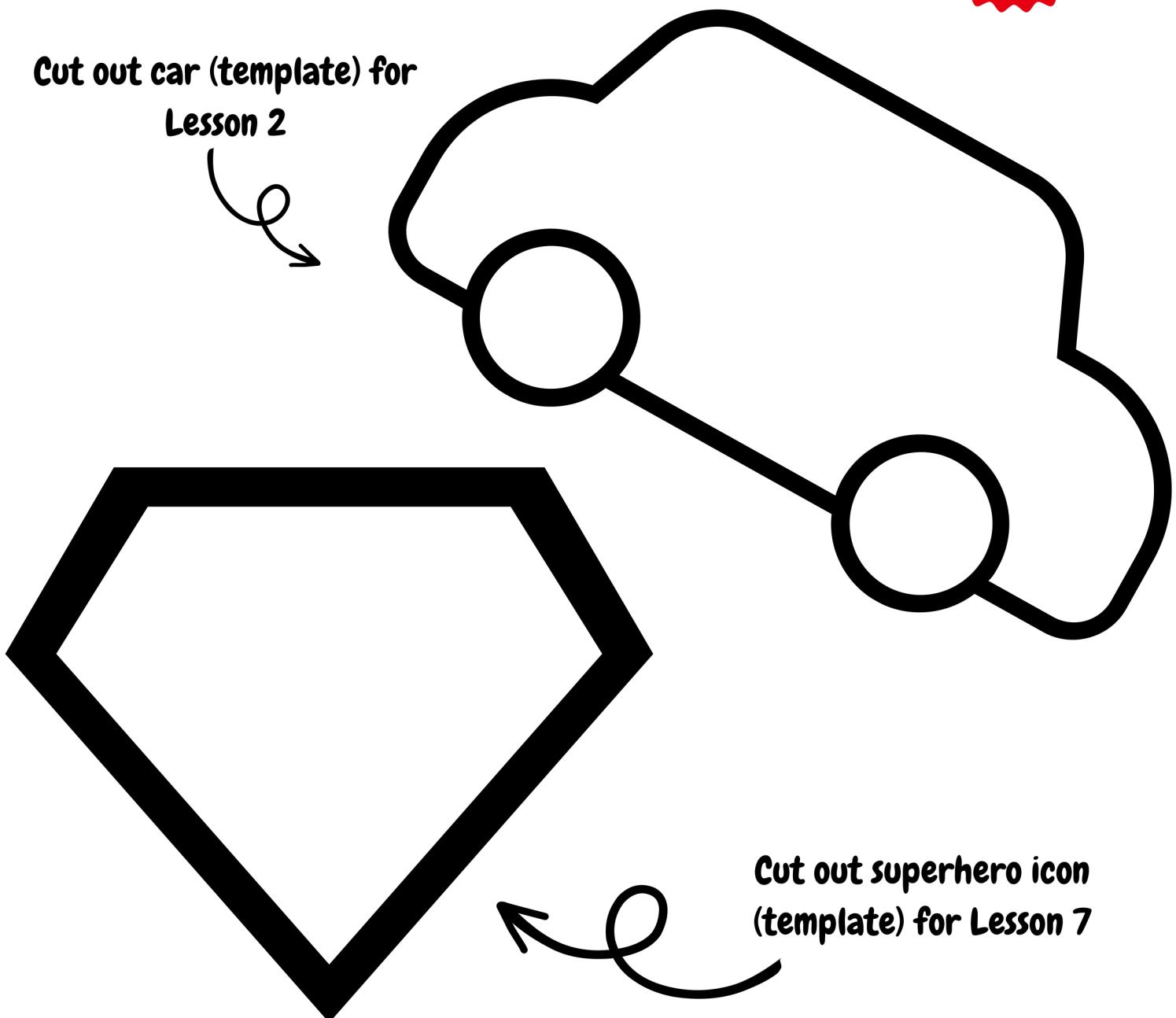
Ask each child what super power they wish they had. Have them color a picture of their super power on the superhero icon cutout.



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Cut out car (template) for
Lesson 2



Cut out superhero icon
(template) for Lesson 7