

# Superheroes

## Storytime To Go

### Books

*SuperJoe does not do cuddles*  
by Michael Catchpool

*Ten Rules of Being a Superhero*  
by Deb Pilutti

*Superfab Saves the Day*  
by Jean Leroy & Berengere  
Delaporte

*Super Hero Dad*  
by Timothy Knapman

*Even Superheroes Have Bad Days*  
by Shelly Becker

*Do Super Heroes Have Teddy Bears?*  
by Carmela LaVigna Coyle & Mike  
Gordon

*Princess Super Kitty*  
by Antoinette Portis

### Other Items

3 felt finger superhero capes

### Fingerplays

#### Counting Superheroes

5 superheroes ready to fly  
(*holding up five fingers*)

Here comes the villain, Stop that guy!  
(*chase with one finger on opposite  
hand*)

This superhero can save the day.  
(*finger on first hand points straight up*)

Off he flies – up, up, and away!  
(*Flies away behind the back*)

Count down from 4, 3, 2, 1, 0

Source: [jbrary.com](http://jbrary.com)

#### Two Little Superheroes

(*Tune: Two Little Blackbirds*)

Two little superheroes,  
Brave and true.

One wears yellow,  
And the other wears blue.

Fly away yellow! (zip!)  
Fly away blue! (zap!)

Come back yellow. (whoosh!)  
Come back blue. (zoom!)

### Action Songs

#### Superhero, Superhero, Turn Around

Superhero, superhero  
turn around.

Superhero, superhero  
touch the ground.

Superhero, superhero  
put on your suit.

Superhero, Superhero  
put on your boots.

Superhero, Superhero,  
jump up high.

Superhero, Superhero,  
fly, fly, fly

Superhero, Superhero,  
turn around.

Superhero, Superhero,  
please sit down.

Source: [jbrary.com](http://jbrary.com)



## Art Extension

### Popsicle stick superheroes

Materials Needed:  
Popsicle sticks  
Construction paper  
Crayons/markers  
Glue  
Any extras that inspire you...

Directions:  
-Cut out a triangle for a cape, and a small rectangle for the mask.  
-Draw eyes on the mask (googly eyes are fun too...)  
-Color the popsicle stick if desired  
-Use glue to attach the cape and mask.  
-Fly away to save the day!

Source: [gluedtomycraftsblog.com](http://gluedtomycraftsblog.com)



## STEM Extensions

### How could you make your superhero float?

Use everyday materials to build a watercraft that would help your superhero float in a tub of water (or in the bath, etc...) Try aluminum foil, empty plastic food tubs, straws, bubble wrap, pool noodles, or anything else you think might help an action figure float.

Looking for more ideas? Check out the website below for some imagination stimulation.

Source: <http://inspirationlaboratories.com/how-to-build-a-boat/>

## Songs

### Superhero

(sung to: *Wheels on the Bus*)

The Superheroes arms flex and lift,  
Flex and lift, flex and lift,  
The superheroes arms flex and lift,  
All around the town.

Eyes go zap, zap, zap  
Legs run very fast  
Legs jump super high  
Flies zoom zoom zoom  
The person in trouble yells Help!  
Help! Help!  
The superhero goes to save the day.

Source: [jbrary.com](http://jbrary.com)

### Did You Ever See a Hero?

Did you ever see a hero, a hero, a hero,  
Did you ever see a hero, flying through the sky?  
Fly this way and that way, and that way and this way  
Did you ever see a hero flying through the sky?

*Verses: Putting on their cape, hopping on one foot, saving the day, twirling around*

Source: [jbrary.com](http://jbrary.com)

### Early Literacy Take Home:

Playing make-believe with your child helps him or her to explore different roles that they imagine, helping them make sense of the world around them. This in turn helps them make sense of what they read and file it away for future use.

So, go find a cape, a mask, tights, or just your imagination and pretend to be superheroes saving the day! Not only will you make great memories, but your child will be even more ready to read and learn!

**Questions about this kit?**  
**Email youth services staff**  
**at [youth@nols.org](mailto:youth@nols.org) or**  
**contact staff at**  
**(360) 417-8500 x7705.**

[www.nols.org](http://www.nols.org)