



# SUPERHEROS BONUS

## SINGULAR ACTING EXERCISE:

### BECOMING A SUPERHERO

Pick a superhero to be.

Act as your superheroes for several minutes in a variety of situations.

Create a space that is the superhero's secret lab and safe place.

Keep your individual superhero identity a secret as you morph back to a regular human.



## GROUP ACTING EXERCISE:

### DEFEATING THE SUPERHERO'S LEAGUE

Pick one kid to be a super villain.

Pick superheroes for each of the 3 to 4 kids in the group.

Keep your individual superhero identity a secret from everyone.

Create a space that is the villain's secret lab.

One kid superhero bursts in to the villain's secret lab. The superhero kid must act like their hero but can't say their name.

The villain must guess who they are to defeat them and get keep them from destroying the secret lab.

If the villain doesn't guess in a few minutes, another superhero enters.

When all the heroes are present and have a chance to show their powers, then the villain must guess who they are (within a time limit) or be defeated.

**Variation:**

Practice this exercise in small groups of 4-5 kids.