

Children's University Club Challenge: Superhero Yoga!



You will need-

- Yourself
- A safe amount of space (enough for you to stretch out and not touch anyone or anything else)
- Pen
- Paper
- Crayons/Felt tips

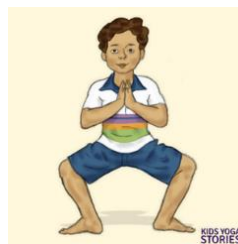
For this challenge, we want you to bring out your inner superhero and reflect on the superheroes you know in real life too! First, In order for you to learn to be a superhero, you need to learn to breathe like one. Superheroes have a lot to accomplish. If they don't know how to keep calm when they are saving the world, they'll never be able to do it!

Step 1 - Work your way through the following superhero poses - how long can you hold each one for? Keep trying, your balance will get better! See if you can hold it for longer each day - can you hold them for 2 minutes each? Don't forget to take deep breaths while doing each pose - it will help you to concentrate and relax.



The Superman

Put one leg in the air behind you, and let your arms follow in the same direction.



The Hulk

While bending your knees outwards, clench your hands while flexing your arm muscles.



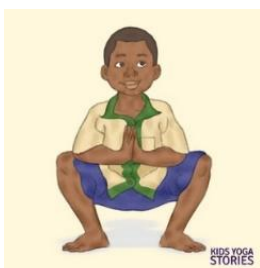
Wonder Woman

Start with your hands by your side, take a deep breath then pretend to swing a lasso over your head with each hand



Batman

Spread your feet apart, then bend over as far as you can. Remember to keep taking deep breaths!



Spiderman

While positioned in a squatting position, hold your hands out level as Spiderman would (pointing out your index finger and little finger)

Step 2 - How many more superheroes can you think of? Can you create a special pose for each one? Remember to focus on your breathing too!

Who's A Superhero?

For the second part of this activity we want you to think about the everyday real life heroes you know.

This doesn't necessarily mean a famous character such as Iron Man or Wonder Woman or a character from a book, although these are ok to draw if you want to.



Have a good think about the everyday heroes that you know:

- Who are they?
- Why are they a hero?
- What do they do that you think is amazing?

Step 1 - First, draw your hero using as much colour as you can! If you are feeling really creative, you could even design them their own superhero costume too!

Step 2 - Write 5 reasons about why you chose them. What do they do that makes them a hero? Can you think of 5 descriptive words that best show why you think they are a hero? Can you give examples of some of the things they do?

2 CU Credits for completing this task.

To claim your credit, please complete your CU Club Challenge Reflection Diary and return to your school.

Finally: Add the Learning Stamp to your Digital Dashboard once you receive it from your school.

