

KIDSVILLE



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LEARN

The word *hero* comes from the Greek word, ἦρως (*hērōs*)- "hero" which is used to describe a "protector" or "defender". Heroes in Greek Mythology were men or women of special strength, courage, or ability...they weren't perfect (Greek Heroes were sometimes selfish, lazy, and even mean) but they still tried hard with their unique skills.

What is your HERO special strength, courage, or ability?

What talents do you share with others or practice even when you are tired, grumpy or don't feel good?

Do you share music, fast running, kind words, strong muscles, math answers?



EXPLORE

Explore how your body can exercise like a hero with a yoga pose.

Superkid pose is an awesome way to strengthen your body!

- Get on your hands and knees.
- Stretch one leg long behind you, keep it straight, and lift your foot off the ground. Lift it straight back from your hip!
- Now reach your opposite arm forward, keep it straight, and lift your hand off the ground. Lift it straight out from your shoulder!
- Now fly like a superhero! Fly for 10 breaths. Laugh if you lose your balance!
- Keep going! Switch your arms and legs, and fly back home!

Namaste.



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CREATE

Make your own Hero Cape

WHAT YOU NEED:

- An old t-shirt that makes the length of cape you want
- Scissors
- Markers to decorate (washable markers will wash away if laundered, permanent markers won't)

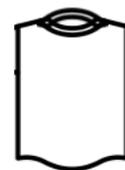
HOW TO:

- The t-shirt is trimmed as illustrated below.



- The whole ringer or collar of the t-shirt remains in tact while the front and sleeves of the t-shirt are cut away
- Decorate as desired

Wear the cape, BE YOUR OWN HERO, practice your special strengths, courage, and abilities.



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