



Superhero Training With Coach

Are You Ready To Be A Hero?

What Is A Superhero?

They Are Strong

Superheroes have physical and mental strength. They get this way by taking care of their bodies and mind by staying active.



They Do Good Deeds

Superheroes use their powers to help people. They help their friends, teachers, family members, and neighbors.



They Take Care Of The Planet

Superheroes work hard to make sure planet earth is safe and clean for all to enjoy.



They Use Their Brain

Superheroes not only use their physical strength but they use their brains too! Superheroes try to solve problems with their brains.





Time To Get Training!

On the next page you'll find links to videos that will help us become superheroes! But first, let's check our health.



Health Check

The health meters below let us know how we are doing. It looks like our brain, strength and energy is low!





Lets Go! - click link above circle

Do as many videos as you like

Avengers Assemble!

Captain America

Black Panther

Spiderman



Batman

Ironman

Thor



Time For A Health Check

Nice job! You did activities that made your muscles stronger and You are at full strength!





Time To Take Care Of Our Brains



*Let's work on our breathing
and mindfulness with
either of the videos below*

[*Star Wars Breathing #1*](#)

[*Star Wars Breathing #2*](#)



Time For A Health Check

Nice job! You did activities that made your brain stronger and Your brain is now refreshed and is at full strength!



Independent Work

Work From Home

Your hardest test to become a superhero will be to work on Good Deeds and Taking Care of the Planet from home.



Good Deeds

You will need to use your increased strength and your rested brain to do good in the world! A superhero does their chores, listens to their parents, does nice things for strangers, and is nice to their siblings



Take Care Of The Planet

We're only given one planet. Suoerheroes make sure they take care of it. They recycle, walk or ride their bikes to not pollute the air, and they tell their friends how to take care of our planet.



Congratulations!

*You are now a
Superhero!*

