

SHOP & PREP



WEEK 1

ACTIVITY | Superhero Aim

- WHAT TO GET:
 - 10 paper or plastic cups
 - [Foam ball](#) or other soft ball
 - Villain action figures (optional)
- WHAT TO PREP: Stack the cups in a pyramid formation. We suggest using 10 cups, but you can adjust the number based on the size of your group. If you'd like, place villain action figures on top of the pyramid.

ACTIVITY | Turn That Frown Upside Down!

- WHAT TO GET:
 - Paper plates or construction paper, 2 different colors
 - Marker
- WHAT TO PREP: Draw large frowns on one side of the plates and smiles on the opposite side. You can use construction paper cut into circles instead of plates. Scatter the plates around on the floor, making sure to mix up the colors well. Have music set up to play and stop when needed.

SCRIPTURE | John 14:1–14 (Jesus Comforts His Disciples)

- WHAT TO GET:
 - [Picture of Jesus and the disciples](#)
 - Cape (optional)

BIG IDEA | Anyone can do great things for God.

- WHAT TO GET:
 - Flashlight
 - Transparent paper
 - Permanent marker
 - Tape
 - Cape or costume
- WHAT TO PREP: Make your own [Bat-Signal](#) to use each week to reveal the Big Idea. Have a volunteer dress as a superhero in a cape to reveal the Big Idea.

ACTIVITY | Hero Dance Party!

- WHAT TO PREP: Have music ready to play from worship time.

SNACK | Happy Face Heroes

- WHAT TO GET:
 - English muffins (1 half per child)
 - Cream cheese
 - Fruit
 - Plates or bowls
- WHAT TO PREP: Cut English muffins in half and spread cream cheese on each. Cut up fruit.

ACTIVITY | Circle Time

- WHAT TO GET:
 - Foam ball

ACTIVITY | Superhero Craft

- WHAT TO GET:
 - [Colored, jumbo craft sticks](#)
 - White card stock
 - Glue
 - Crayons or markers
 - [Self-adhesive goggle eyes](#)
- WHAT TO PREP: Pre-cut card stock into triangles for capes.

ACTIVITY | Coloring Page

- WHAT TO GET:
 - Crayons or markers
 - Printable
- WHAT TO PREP: Print a coloring page for each kid.

ACTIVITY | Memory Matching

- WHAT TO GET:
 - Matching game [like this](#)

ACTIVITY | Superhero Training

- WHAT TO GET:
 - [Hero capes](#) and costumes

WEEK 2

ACTIVITY | Superhero Jump

- WHAT TO GET:
 - Tape (masking tape or painter's tape)
- WHAT TO PREP: Make several shapes on the ground with the tape (circles or squares . . . it's up to you). This doesn't have to be a straight line. The shapes could go in a large semi-circle, be wavy, or in any free form as long as kids can clearly see where to jump next and there is a clear beginning and end.

ACTIVITY | Superhero City

- WHAT TO GET:
 - Cardboard boxes (variety of sizes, such as cereal or snack boxes)
 - Black paper
 - White crayons
 - Tape
 - [City play rug](#)
 - Action figures
- WHAT TO PREP: Wrap boxes in black paper like [this activity](#). Draw windows and doors to look like buildings or allow kids to do this before creating their superhero city together.

BIG IDEA | God gives everyone a mission.

- WHAT TO GET:
 - Flashlight
 - Transparent paper
 - Permanent marker
 - Tape
 - Cape or costume
- WHAT TO PREP: Make your own [Bat-Signal](#) to use each week to reveal the Big Idea. Have a volunteer dress as a superhero in a cape to reveal the Big Idea.

SNACK | Superhero Shields

- WHAT TO GET:
 - Oreo cookies
 - Bamboo toothpicks

ACTIVITY | Circle Time

- WHAT TO GET:
 - [Hero figure](#)
- WHAT TO PREP: Have fun, upbeat music ready to go. You could use the songs from worship time.

ACTIVITY | Superhero Paper Doll

- **WHAT TO GET:**
 - Card stock
 - Crayons or markers
 - [Brass brads](#)
 - Scissors
 - Hole punch
 - Clear packing tape (optional)
- **WHAT TO PREP:** Print [template](#) on card stock for each kid (or design your own).

ACTIVITY | Coloring Page

- **WHAT TO GET:**
 - Crayons or markers
 - Printable
- **WHAT TO PREP:** Print a coloring page for each kid.

ACTIVITY | Superhero Training

- **WHAT TO GET:**
 - Cardboard boxes of various sizes

ACTIVITY | Force Field Fun

- **WHAT TO GET:**
 - Hula hoop
 - Plastic wrap
 - Masking tape
 - Duct tape
 - [Knobby balls](#) (optional)
- **WHAT TO PREP:** Tape sheets of plastic wrap across a hula hoop. Cut two long pieces of duct tape and attach them together, leaving only the ends open. Then, attach the ends to your plastic.

WEEK 3

ACTIVITY | Superhero Speed

- **WHAT TO GET:**
 - Obstacle course items, such as table and blanket, chair, and pool noodle
- **WHAT TO PREP:** Set up a simple obstacle course – such as a table with a large blanket over it to crawl through like a cave, a chair to run around, and a pool noodle to "jump" over. Have superhero music ready to play.

ACTIVITY | Super Vision

- **WHAT TO GET:**
 - Superhero figures like [these](#) or other superhero-related items
- **WHAT TO PREP:** Place superhero figures or items around your room in not-so-obvious places.

BIG IDEA | No one is powerless when we have the Holy Spirit.

- **WHAT TO GET:**
 - Flashlight
 - Transparent paper
 - Permanent marker
 - Tape
 - Cape or costume
- **WHAT TO PREP:** Make your own [Bat-Signal](#) to use each week to reveal the Big Idea. Have a volunteer dress as a superhero in a cape to reveal the Big Idea.

SNACK | Power Punch!

- **WHAT TO GET:**
 - Non-caffeinated soda in fun colors like orange, grape, or strawberry
 - Vanilla ice cream
 - Cup and spoon for each child ([like these](#) for fun)
- **WHAT TO PREP:** Allow ice cream to soften before serving.

ACTIVITY | Circle Time

- **WHAT TO GET:**
 - Foam frisbee or something similar

ACTIVITY | Hero Cuffs

- **WHAT TO GET:**
 - Toilet paper rolls (enough for each kid to have 1 or 2 halves)
 - Scissors
 - Crayons or markers
 - [Lightning bolt stickers](#)
- **WHAT TO PREP:** Cut toilet paper rolls in half with slits for kids to put on their wrists [like this](#).

ACTIVITY | Coloring Page

- **WHAT TO GET:**
 - Crayons or markers
 - Printable
- **WHAT TO PREP:** Print a coloring page for each kid.

ACTIVITY | Power Jumpers

- **WHAT TO GET:**
 - Cones or tape
- **WHAT TO PREP:** Set up a variety of distances using cones, tape, or something else.

ACTIVITY | Superhero Training

- **WHAT TO GET:**
 - Cardboard boxes, variety of sizes
 - Action figures

WEEK 4

ACTIVITY | Superhero Blast

- **WHAT TO GET:**
 - Foam block or pool noodle
 - Golf tees
 - Ping pong balls
 - Water blasters or straws
- **WHAT TO PREP:** Set up a foam block or pool noodle, cut in half, with golf tees inserted to balance ping pong balls [like this](#).

SNACK | Team Super Ants

- **WHAT TO GET:**
 - Celery sticks (2 per child)
 - Cream cheese
 - Raisins
 - Plates
- **WHAT TO PREP:** Spread cream cheese on celery sticks for kids to stick raisins.

ACTIVITY | Super Teamwork!

- **WHAT TO GET:**
 - Stuffed animals (4 per team)

ACTIVITY | Circle Time

- **WHAT TO GET:**
 - Cushions or colored dots, enough for all kids minus one
- **WHAT TO PREP:** Have fun, upbeat music ready to play.

BIG IDEA | We are heroic when we work as a team.

- **WHAT TO GET:**
 - Flashlight
 - Transparent paper
 - Permanent marker
 - Tape
 - Cape or costume
- **WHAT TO PREP:** Make your own [Bat-Signal](#) to use each week to reveal the Big Idea. Have a volunteer dress as a superhero in a cape to reveal the Big Idea.

ACTIVITY | Fire Crown Craft

- **WHAT TO GET:**
 - White and red cardstock
 - Tape
 - Red, yellow, and orange paint
 - Sponges
- **WHAT TO PREP:** Print and cut out flames on white card stock using the printable provided. Cut strips of red card stock, long enough for kids to wear as crowns. Provide one of each per kid. (See a worked example [here](#).)

ACTIVITY | High Flying Teamwork!

- **WHAT TO GET:**
 - [Parachute](#) or large sheet
 - Stuffed animal

ACTIVITY | Coloring Page

- **WHAT TO GET:**
 - Crayons or markers
 - Printable
- **WHAT TO PREP:** Print a coloring page for each kid.

ACTIVITY | Superhero Training

- WHAT TO GET:
 - Papers, 4 different colors (at least 1 per kid)

ACTIVITY | Superhero Sensory Bin

- WHAT TO GET:
 - Plastic bin
 - Action figures
 - [Pom poms](#) or other items