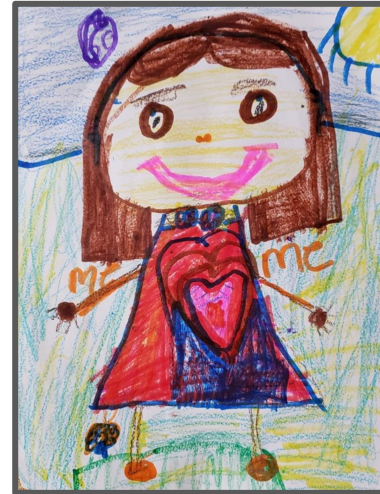
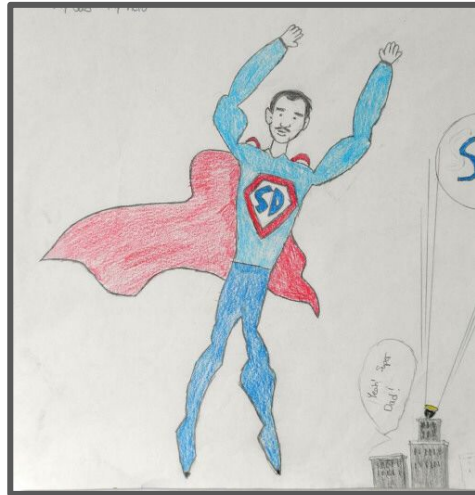


# Celebrate a Superhero in your Life

We all have a special someone in our life we can call our SUPERHERO. Think of your Superhero and why they are a hero in your life. Is it your parent, your friend, neighbor, a doctor, nurse, police officer, firefighter, teacher...? The world around us is full of great people doing the brave acts of heroes.

- Draw a picture of a Superhero in your life and show why they are your hero.
- Once your picture is complete, if you can, share the picture with that person.

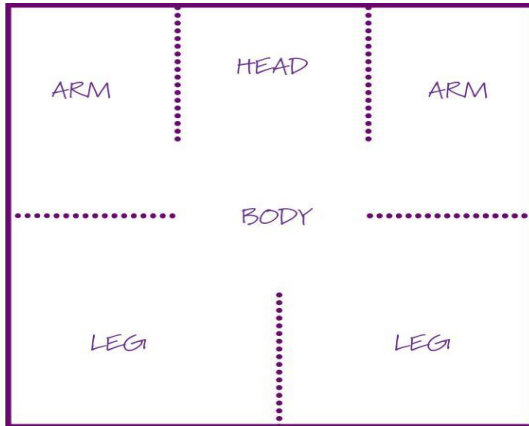


# Create your own **SUPERHERO** Aluminum Foil Sculpture

We all have a special someone who is our **SUPERHERO**.

- Create your **SUPERHERO** using foil from the kitchen to make a sculpture for the body.
- Use the diagram to help you.
- Add on a cape, boots, gloves, hat, or mask using any material from home by attaching with glue, tape, string, yarn, duct tape, paper clips, etc

Cut along the dotted line, then scrunch up the foil to make the human figure.



- Tell someone at home who your **SUPERHERO** is and why.



## More Ideas



- You can continue making foil sculptures of animals, your favorite video character, pets, etc.

