



Superpowers Relay race

Length 25-30 minutes

Divide group into teams of 5-6 people

Encourage each group to do a round of introductions

Part 1: The CAPE

Each group creates a cape for their team, using flip chart paper, that has a “superpower” from each teammate (anything you’re good at). Use pictures, words, or symbols to depict each superpower.

Come up with a name for your superhero (or for your Super Team)

Part 2: The RACE

(This is essentially a relay race where each team member has to do a different section. Feel free to create your own “Superpower” challenges, depending on what materials you have. For the challenges below you will need: tape or string to mark start and finish lines, hula hoops taped over with newspaper, bubbles, and sets of playing cards)

Tell the group they will complete 5 Superhero Challenges, each team member completing a different one, *while wearing the cape*. They can strategize to figure out who will do which one.

SUPER STRENGTH: Punch or kick or whatever to break through a hula hoop taped over with newspaper. Superhero must go all the way through it! Teammates may hold hoop.

SUPER BREATH: Blow one bubble from one line to the other. One person only. All breath, no fanning with hands or papers! If bubble pops, you must go back and start over.

MENTAL TELEPATHY: Guess 2 out of 5 cards correctly using only your mental telepathy. Hint: 10, Jack, Queen, King, or ace. (all teams have a deck of 5 cards—one teammate holds up cards one at a time for the “guesser”)

FLY: Fly from one line to the other. You may not touch the ground. Hint: Your team may help.

SUPER SPEED: Break the sound barrier as you run to the finish line to complete the Superhero challenge for your team!