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MARVEL SUPER HERO SPECTACULAR

Use this calendar and the fun ideas in the following pages to

ACTIVATE THE SUPER IN YOU!

WEEKS	BE ACTIVE	BE HEALTHY	BE RESPONSIBLE	BE CREATIVE
Sept. 25th - Oct. 3rd	**Be speedy like Spider-Man** ☐ Grab a friend or two and have a web crawl race!	**Be green like Hulk** ☐ Eat your favorite green fruits and vegetables.	**Celebrate Groot** ☐ Plant a tree with your family.	**Activate your brain like Tony Stark** ☐ Use your imagination to build your own Avengers Tower.
Oct. 4th - Oct. 10th	**Recreate your favorite Marvel movie scenes** ☐ Use your action figures or Playmation products.	**Recharge like a Super Hero** ☐ Stay hydrated throughout the day by drinking water.	**Be a good citizen** ☐ like Captain America Help someone in your neighborhood or community.	**Black Widow Training** ☐ Sharpen your skills with activities at www.MarvelKids.com/activities.
Oct. 11th - Oct. 17th	**The Avengers are all about teamwork!** ☐ Play a team sport with your siblings or friends for 30 minutes.	**Create your own Spider-Man smoothie** ☐ Make a smoothie with a responsible guardian.	**Avengers Assemble!** ☐ Form a bookclub to create your own ending to your favorite Marvel comics with friends!	**Be the Hero** ☐ Find or create your perfect Marvel Halloween costume.
Oct. 18th - Oct. 24th	**Throw the Captain America Flying Shield** ☐ Master your aim and catch a frisbee with friends.	**Stay Mighty like Thor** ☐ Hit the 5 essential food groups.	**Honor a Super Hero** ☐ in your life Draw a picture showing how they *Activate the Super in You.*	**Hone your photography skills like Peter Parker** ☐ Capture moments with friends and family.
Oct. 25th - Oct. 31st	**Show off your favorite dance moves** ☐ Dance with siblings or friends for 30 minutes.	**Make Lunch Super** ☐ Help mom or dad make healthy sandwiches or snacks and re-energize.	**No task is too small for Spider-Man** ☐ Make the beds of everyone in your family today.	**Carve pumpkins** ☐ Carve your favorite Marvel Super Hero on a pumpkin with your family.

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ACTIVATE THE SUPER IN YOU!

BE ACTIVE

Recreate Your Favorite MARVEL Movie

- Choose a scene
- Put on super hero costume
- Use a camera or cellphone to record the footage
- Call action!
- Practice your lines
- Set up your shots
- Assign each role

When the scene is done, you can play it back or load it to your computer for editing and to add music.

BE ACTIVE

Web Crawl Race

Stretch and move like Spidey by placing both sets of hands and feet on the floor and advancing forward. Gather your friends for a race to see who is the speediest web crawler!

BE RESPONSIBLE

Groot Knows Planting

a tree is as simple as sun, soil and water.

Discover which trees grow in your area and find a great spot in your yard to plant! Ask your parents for tools to:

- Dig a hole with enough room for roots to grow.
- Place the seed or sapling into the ground and cover up with soil.
- Be sure to water regularly and watch it grow!
- Share the experience with a friend or family member.

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BE ACTIVE

Be Like Captain America

Exercise your power to assist in your community:

- Help at a fundraiser
- Pick an item for donation to a foodbank
- Inspire friends and family to volunteer

BE CREATIVE

Sharpen Your Wit With Black Widow Training:

activities at MarvelKids.com/activities include:

- Spot the difference
- Character guides
- Maze puzzles
- Word scrambles

And many more!

BE RESPONSIBLE

Form A Book Club With Friends

Create your own ending to your favorite Marvel comic book.

BE HEALTHY

Recharge With A Spider-Man SMOOTHIE!

Bright red and blue berries make your smoothie just as fun to look at as it is to drink!

Once you've gathered all the ingredients, have a family member combine them in a 2 quart blender, blend until smooth, and serve up a sweet cup of justice for all of your friends and family.

You'll need:

- 1 cup of plain yogurt
- 8 strawberries
- 1 cup of blueberries
- 5 ice cubes
- ½ cup of water
- ½ of a banana

Makes 2 Servings

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BE HEALTHY

With Mighty Thor Spirit,
fuel up with the essential FOOD GROUPS

A balance of fruits, veggies, whole grains, lean proteins, low-fat dairy, and water will heighten your strength, focus, and energy throughout the day.

BE CREATIVE

Develop Your Eye For Photography Like PETER PARKER

- Take snaps of your family and friends!
- Experiment with light and composition... take candid shots when they're not expecting.
- You'll discover the power of photography by capturing unexpected but memorable moments.

BE CREATIVE

Make Your Pumpkin Super!

- Draw your favorite Marvel Super Hero element like Captain America's Star on a piece of paper.
- Have Mom or Dad carve the pumpkin using your paper template.
- Place a small candle inside for Mom or Dad to light.

Behold as your super lantern lights up!

BE CREATIVE

Channel Tony Stark

Engineer a LEGO obstacle course worthy of your LEGO Marvel Super Heroes.

Make it epic:

- Stairs that lead nowhere
- Awesome walls of brick
- Blockades that baffle

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