

## **Monday: Hero Costume Relay Race**

**Say:** *Today's hero code is "God's Heroes Have Heart" Who is ready to race around like a super hero?!*

Split the kids into two groups and line them up behind the chalk start line. The first person in each line must put on the full costume, race and touch the end line, run back, and hand it to the next person in line to go next. The first group to finish wins. You can play more rounds if time permits with variations like hopping, skipping, etc.

Supplies:

- 2 Capes
- 2 Masks
- 2 Shields

## **Tuesday: Jedi Master**

**Say:** *Today's hero code is "God's Heroes Have Courage". Let's see who has the courage to grab for a clothes pin without getting hit by the Jedi!*

Kids gather in a large circle and one person is it. The person who is it stands in the middle of the circle blindfolded with 15-20 clothes pins clipped to their clothing. (Help clip them in appropriate areas). The goal is for the kids to get all the clothes pins without being hit with the pool noodle that the person in the middle is using to keep them away. If they are hit with the pool noodle they are out and must sit in their spot of the circle.

Supplies:

- 1 pool noodle
- 1 blindfold
- 20 clothes pins

### **Wednesday: Tic Tac Toe Race**

**Say:** *Today's hero code is "God's Heroes Have Wisdom". Let's see who has the wisdom to win a Tic Tac Toe race!*

The kids are put into two teams. One team have the Captain America markers and the other team will have the Batman markers. They only have 3 pieces per team so, after the pieces have been played the next person runs up to the board and moves their team's piece to get closer to 3 in a row. There is never a cat scratch! Eventually a team will race and get 3 in a row

Supplies:

- Tic Tac Toe board made with chalk
- 3 Captain America Frisbee markers
- 3 Batman Frisbee markers

### **Thursday: Tug-a-war with a superhero**

**Say:** *Today's hero code is "God's Heroes face their fears". Let's see if the super hero can face its fear of villains and beat you in tug a war!*

All the kid tug against the superhero (one of you volunteers) in a game of tug a war. If there is extra time rounds of boys vs girls, cats vs dogs, etc. could be used!

Supplies:

- Puzzle mats for safety
- Tug a war rope
- Superhero cape and mask