**Claire de Jager**

**HAPPY FAMILY TOOLS**

[**www.happyfamilytools.co.za**](http://www.happyfamilytools.co.za) **Facebook: Happy Family Tools**

**Maybe teachers could look at a Superhero theme?**

* Our superhero children are so brave and say goodbye to their parents at the gate
* Our children have superpowers to fly to class after bypassing a tracking device (having their temperatures taken)
* Our children can run like Bolt to the toilet and back because we all need to take turns
* New superheroes sometimes wear ‘invisible, bravery coats’ while they are getting used to their new superpowers. (Put these on every morning at the school gate until the children don’t feel they need them anymore!)
* The children can wear Capes to school. At playtime - they can have turns showing the others what their superpowers are – so they are playing ‘for’ others and not ‘with’ others. Examples: look how fast I can run, how high I can climb, how quickly I can get over an obstacle, how high I can jump, how far I can jump, how well I can sing, how well I can dance etc.
* They could play charades at break: what is my superpower?

**Activities:**

* Discussions: How does my superpower keep me brave?
* Their strong superpowers will help them to ‘bash out’ their negative feelings on playdough (not sure if playdough with sanitized hands will be allowed?)
* Use your superpowers to scribble out your scared feelings all over a page and then tear it up to make it go away (this can be a repetitive activity at the start of everyday – it should reduce the anxiety that they may have been sent to school with, from their homes)
* When kids are falling apart, focus on their superhero powers. We all have them – we can sing well, dance well, colour in well, we are kind, we are friendly, we are fast etc.
* Discuss different powers in class: speed (the dangers of it), camouflage (the uses of it, animals like the chameleon that use it), flying (it’s not always good to just fly away and leave our problems, sometimes we need to face them too)
* Alphabet letters they are learning could be linked to superheroes too eg: Aquaman, Batman, Catwoman, Hulk, Iron Man, Spiderman, Superman, Wonderwoman

**Or perhaps Explorers / Astronauts**

* When we are explorers we do things that are new that we didn’t have to do before: wearing masks, social distancing etc
* Sometimes new things can be uncomfortable before we get used to them (like astronauts with no gravity)
* We are being explorers now because we are the first group of children to go to school wearing masks
* Maybe show snippets from the SpaceX video with the astronauts in it!