

Superhero Activities

Brought to you by The Molina Foundation



1. Fighting off germs

Wash your hands while singing the ABCs for super clean hands!

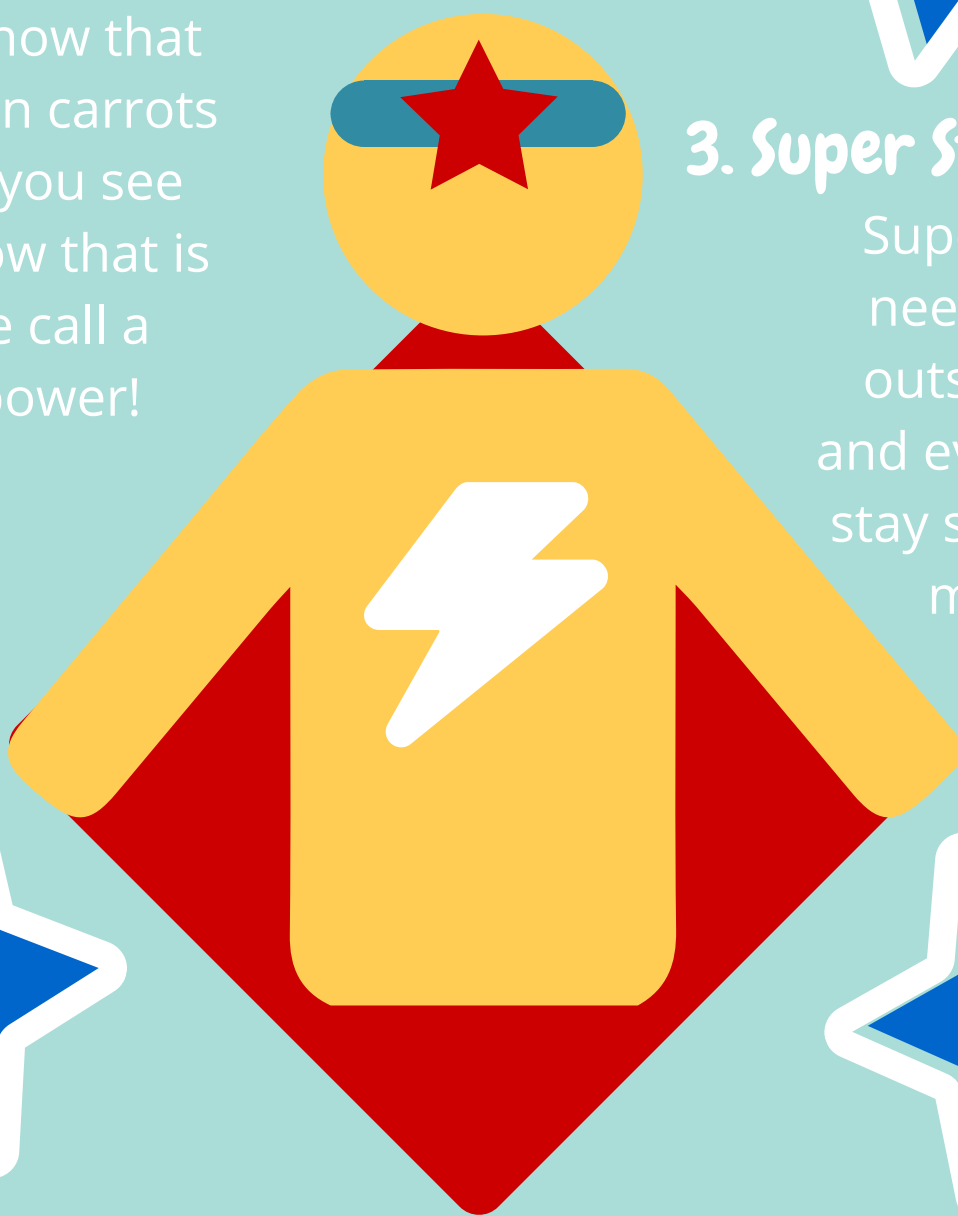
2. Super Foods

Superheroes eat super foods. Did you know that Vitamin A in carrots can help you see better? Now that is what we call a super power!



3. Super Strength

Superheroes need to play outside each and every day to stay strong and mighty.



4. Build your superhero costume

Create your own superhero wristbands with toilet paper rolls, crayons, and scissors. Up, up, and away you go!

5. What's your Super Power?

Create a story with your child to tell a tale of his or her super power.

ENJOY!

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