

SUPERHERO ACTION GAME



GET ACTIVE



10 MINUTES



READY TO GO

▶▶ GETTING INTO THE ACTIVITY

Grab your cape and take on this action game full of your favourite superheroes.

This game can be played on your own or alongside family members. As each superhero is called out, you need to do the action.

The person calling out the actions should call them out in quick succession to try and cause confusion. Play as a family and see who is the quickest at reacting to the actions.

Batman - Run to the left side of the room / garden

Supergirl - Run to the right side of the room / garden

Hulk - Pull a hulk pose and an angry face

Spiderman - Start shooting webs from your wrists

Superman - Stand on one leg, with one arm in the air pretending to fly

Captain America - Salute and shout 'Yes Captain!'

After playing for a while, see if you can introduce some new superhero themed actions into the game.



WHAT YOU'LL NEED

- No Equipment



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture or video of you playing the superhero action game with your BB group or post on social media using #BBatHOME.