

What to do

Listening & Speaking

Our focus today is speaking and listening – expressing ourselves in spoken language.

1. Talk about superheroes

Talk about any superheroes that you know. What are superheroes like? What do they do? What special clothes do they wear, or gadgets do they use? (This may be a long or short conversation, depending on your child's interests!)

2. Listen to a story book

Watch and listen to the story **Even Superheroes Have Bad Days** by Shelly Becker in this Cbeebies Bedtime Story: <https://vimeo.com/216918288> (or you could read the story to your child if you have a copy at home).

3. Respond to the story

- Talk about the story. What good things do the superheroes do? What powers did they have? What might make a superhero feel mad or sad? What do they do to help them feel calm? Can we try any of these things?
- Draw a superhero and label *eye mask, cape, belt, gloves* etc. on [My Superhero](#) below. This can be a favourite superhero, or one you have created together. Talk about the hero as you draw. What are they like? What makes them a superhero?

Try these Fun-Time Extras

- Chant together **Five Superheroes** (see below) following the pattern of reducing by one each time. Use lots of expression, especially for the 'Whoosh!', and develop some actions to go with it. You could have 5 minifigures and take away one for each verse.
- Sing along with this CBeebies song *If I could be a Superhero*:
<https://www.bbc.co.uk/cbeebies/watch/cbeebies-house-if-i-could-be-a-superhero>



My Superhero



Five Superheroes

Five Superheroes brave,
Looking for someone to save.

They heard a crash,
One flew off in a flash,
Faster than a gravity wave,
Whoosh!

Four Superheroes brave,
Looking for someone to save.

They heard a crash,
One flew off in a flash,
Faster than a gravity wave,
Whoosh!

Three Superheroes.... etc...

