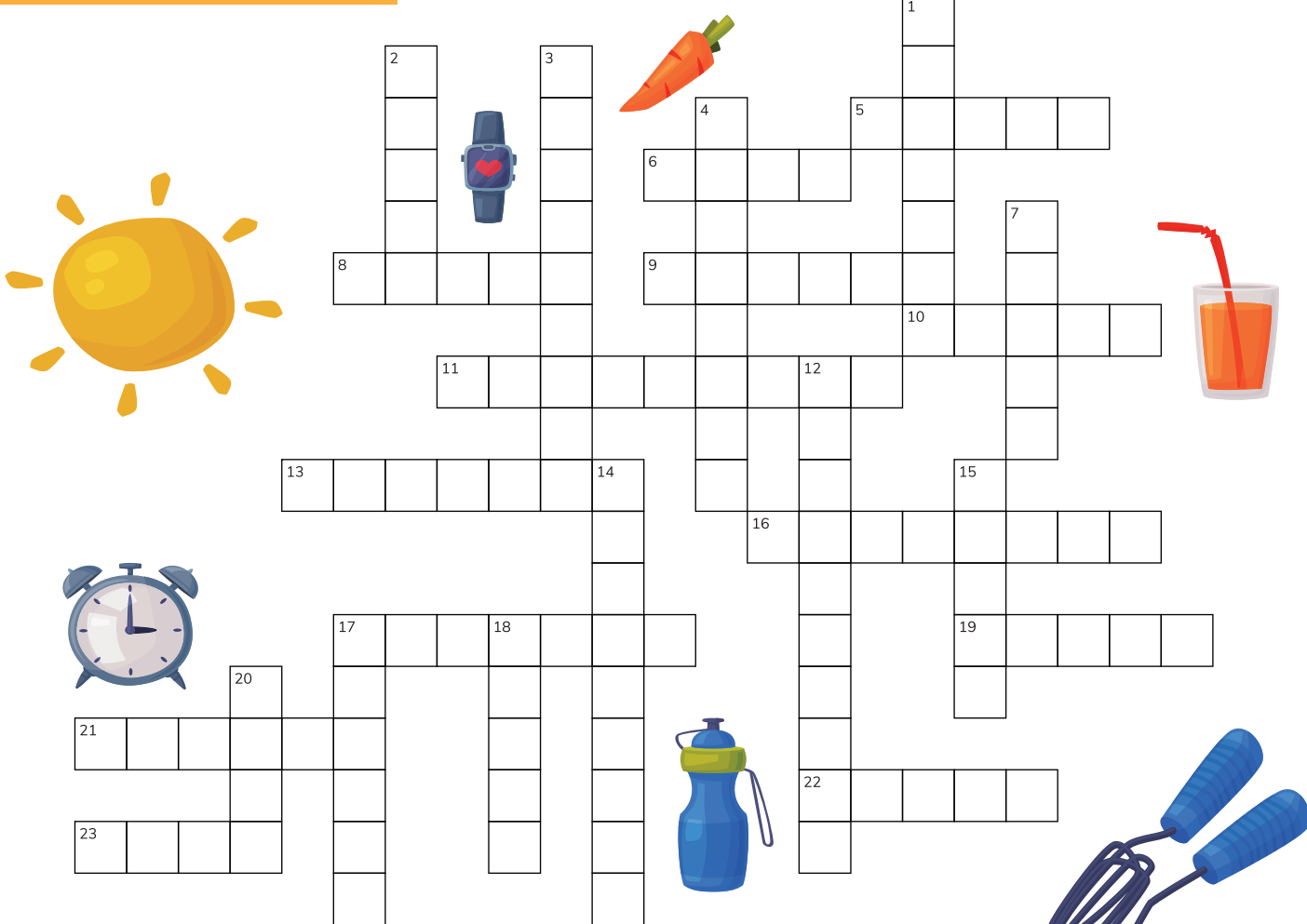


Crossword



Down

1. You should turn them off before going to sleep
2. It is white and sweet and very unhealthy
3. A person who helps others and works without getting paid
4. Full of power
7. Clever and intelligent
12. A special skill or talent that a superhero has
14. Buses, trams and trains are all examples of public ...
15. A synonym for 'sweets'
17. Something you choose is your ...
18. A sour and juicy yellow fruit
20. The kind of chocolate that is actually good for your health

Across

5. Not afraid
6. To reduce or to cut ... on something
8. The organ inside your head that controls your body's activities and enables you to think and to feel things
9. Something that you can use to protect yourself, to fight or to get what you want in a difficult situation
10. If you are strong and fit, you are in good ...
11. The meal you eat in the morning
13. It is made from milk and contains healthy bacteria
16. Things that can be used many times are ...
17. Riding a bike
19. Done or happening every day
21. A person who is very inactive and does not like to move is a couch
22. The recommended number of glasses of water you should drink every day
23. An adjective describing fast and unhealthy food



Are You a Superhero?

We all like superheroes. We love their superpowers and fantastic adventures! Do you know that you can also be a superhero? All you have to do is to follow the Ten Superhero Rules! If you do, you're on your way to becoming a superhero in real life!

Eat right

Superheroes eat healthy to be quick and strong, and full of energy! Aim for five servings of fruits and veggies each day. Skip the junk food and candy. Candy tastes good, but you can have some once in a while, not every day!



Less sugar, please

Superheroes aren't fans of sugar. It's not good for your health or teeth. So, cut down on sugary drinks and sweets. But cheer up! You can still have chocolate, especially dark chocolate, which is actually good for you.

Get enough sleep

Superheroes need lots of sleep to stay powerful. They get at least eight hours of sleep every night to rest and recharge. Be active during the day and always try to go to bed at the same time. Air your bedroom and turn off all the screens an hour before bed. The blue light that they emit may cause sleep problems. That's why watching TV in the bedroom or scrolling the internet in bed is not a good idea. It is actually much better to read a book!



Protect our planet

Superheroes care a lot about our Earth. They follow the 3Rs: recycle, reduce, and reuse. They donate things they do not need and save water and energy. They also choose walking, cycling, or public transport to get to school to help the planet even more! Your daily choices can make a real difference and help the planet!

Be brave enough to ask for help when you need it

Superheroes are brave and they are not afraid to ask for help when they need it. If something is hard or you are feeling stuck, it is okay to ask a friend or an adult to help you out. It shows you are strong and smart! Whether it is homework, advice on a problem, or just needing someone to talk to, asking for help is a superhero move!



Do not skip breakfast

A good breakfast is the superheroes' secret weapon! It gives you energy for the whole day and helps your brain work better. Superheroes never skip breakfast before going to school.



Drink lots of water

If you want to be strong and healthy you need to stay hydrated. And water is the best. Superheroes drink at least 8 glasses of water a day. So, be like the superheroes and drink lots of water! You can make drinking water more fun by adding some mint or lemon. And remember to use a reusable water bottle.



Stay active

A superhero must be in good shape. Try to move and be active for at least one hour every day. Do not be a couch potato! Instead of going to school in a car, why not ride a bike, skateboard, or walk? Remember to bring your PE kit and enjoy a sport just for fun a few hours a week. Sports are great for learning new skills and feeling good. They also help you to stay organized and achieve your goals.



Respect others and spend time with your friends

Superheroes are super kind. They respect other people, no matter who they are. Do you know that being kind is a real superpower? Use the magic words like "Please," "Thank you," "You're welcome", „Sorry” and „Excuse me”. They can make a real difference! Also, remember that saving the day with your friends is more fun!

Use your skills and talents for good

Superheroes can do incredible things, and they always use their powers to help other people and do good. Whether it is helping a friend, volunteering in your community, or simply being kind, every good action makes a difference. Remember, being a superhero is not just about having superpowers; it is about using your skills and talents to make the world a better place for everyone.

The Superhero Test

By following these rules, you're on your way to becoming a superhero in real life!
Now, take the TEST and find out if YOU ARE A SUPERHERO!

1. How many pieces of fruits and vegetables do you eat every day?

- a. 5 or more
- b. Between 3 and 4
- c. Two or less

2. What do you usually find in your school box?

- a. A sandwich, a banana or a carrot
- b. A chocolate bar, a banana and a packet of crisps
- c. A sandwich and a chocolate bar

3. How many glasses of water do you drink every day?

- a. 6 – 8
- b. 3 – 4
- c. 2 or less

4. What did you have for breakfast today?

- a. A sandwich, some cereals with milk or yoghurt
- b. Sausages and eggs
- c. I did not have any breakfast today

5. Do you eat a lot of sugar every day?

- a. No, I try to eat less sugar – I only eat sweets about once a week
- b. I eat sweets a few times a week
- c. Yes, I love sweet drinks and candy and I eat them every day

6. How many hours do you sleep each night?

- a. 8 hours or more - I have a bedtime routine
- b. About 6-7 hours - it changes
- c. Less than 6 hours - I often go to bed late.

7. How active are you every day?

- a. I'm active for at least an hour every day
- b. I'm active a few times a week
- c. I don't move much, I like staying indoors

8. How do you go to school or get around?

- a. I walk, ride a bike, or take a bus
- b. I mostly go by car, but sometimes I walk or ride a bike
- c. I always get a ride to school

9. How do you treat others?

- a. I'm always trying to be polite, using words like "please" and "thank you"
- b. I try to be polite, but sometimes I forget
- c. I'm nice to my friends, but I don't always remember to be polite

10. What do you do with things you don't need anymore?

- a. I give them away or find another use for them
- b. Sometimes I throw them away, sometimes I give them away
- c. I usually throw them away

11. What are the three Rs of recycling?

- a. Reduce, reuse, recycle
- b. Reuse, refuse, recycle
- c. Reduce, restore, recycle

12. Do you ask for help when you have a problem?

- a. Yes, I ask for help when I need it
- b. Sometimes
- c. Not often, I don't like asking for help

13. How do you use your skills to help others?

- a. I always look for ways to help people with what I'm good at
- b. I sometimes help others if I know how to do it
- c. I mostly focus on myself

14. What do you do if you see someone being treated unfairly?

- a. I try to help them or speak up
- b. I feel bad but don't always know what to do
- c. I usually don't get involved

15. How do you feel when you do something good for others or the planet?

- a. Really happy and proud of myself
- b. Good, but I know I could do it more often
- c. I don't really think about it much

SCORING:

Most As:

Congratulations, you're truly living like a superhero! Your actions and decisions make a big impact. Good job, indeed.

A mix of As and Bs: You have the heart of a superhero! With a little more effort, you can make an even bigger difference.

Mostly Cs: Every superhero's journey starts with a single step. Look for opportunities to make positive changes and help others. You can do it!

My Superpowers

Every superhero needs some superpowers. Look at the list below, and in the two columns, tick the qualities that you have, as well as the ones you need to be a superhero! Can you also add your own ideas?



WHAT I HAVE

- ☐ Kindness
- ☐ Imagination
- ☐ Creativity
- ☐ Intelligence
- ☐ Good looks
- ☐ Sense of humour
- ☐ I am a friendly person
- ☐ I can learn new things
- ☐ I can speak English
- ☐ I never give up
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

WHAT I NEED

- ☐ Mind control
- ☐ Superhuman strength
- ☐ Superhuman speed
- ☐ Invisibility
- ☐ Time travel
- ☐ Teleportation
- ☐ Immortality
- ☐ Elasticity
- ☐ Flying
- ☐ Super senses
- ☐ Ability to transform
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____