



## **ONE-HOUR (60 MINUTE) SUPERHERO TRAINING ROUTINE**

**0:00 Introduction** - Your superhero arrives, gives high fives to all the kids, then asks them to raise their hands if they want to be superheroes. The hands shoot up, and your hero explains that if they want to be superheroes, they're going to have to do some training!

**0:05 Work Out** - Your hero directs the kids through a few stretches (touch your toes, reach for the sky, etc.), before launching into some super exercises; super-sit-ups, super-push-ups, jumping-jacks, super running; the works! With the kids a little tired out, the hero instructs them to take a seat. Now that they've trained their bodies, it's time to train their brains!

**0:10 Charades & Trivia** - Your hero acts out famous comic book heroes, and the kids have to guess which superheroes he's pretending to be. Every right answer prompts a super-trivia question, like 'What colour is the Hulk?' or 'What's Spider-Man's real name?'

**0:15 Superhero Says** - A quick round of superhero themed Simon Says.

**0:20 Plushy Games** - From his super-bag, the hero takes out a superhero plushy version of himself. There are three games we play with this plushy hero; '**Catch That Superhero!**', where we throw the plushy back and forth and every catch counts as a point, '**Hot Potato Superhero!**', a spin on the classic hot potato game, except that if you're caught 'on fire' you have to make a superhero pose, and '**Superhero Target Practice!**', in which kids throw the plushy into a superhero themed bucket for points.

**0:30 Act That Superhero** – The guests follow the hero around on a quick run around the space, acting out different superhero characters and animals along the way.

**0:35 Treasure Hunt** - Your hero hides mini-frisbees around the space while the children's eyes are closed, then they have to go find them!

**0:40 Freeze Dance** - Your hero will play superhero theme music (appropriate to the character) from his portable iPod speaker. The kids dance along to the tune until it's paused; then they have to stay perfectly still.

**0:45 Piggy Backs** - Each child (starting with the birthday boy or girl), gets a piggy back ride around the party space, complete with jumps, spins and runs!

**0:50 Photo Opportunities** - An opportunity for group and one-on-one pictures for all guests.

**0:55 Superhero Academy Certificate** - Your superhero presents the birthday child with a customized, laminated 'Superhero Academy Certificate'!

**1:00 Final Requests and Exit** - Your hero will ask if you'd like him to take out the birthday cake (provided by you) and sing the birthday song, or if there is anything else he can help you with whatsoever. Finally, your hero will be called away to fight crime out in the city. He gives a final round of high fives to all the guests, and then he's up, up and away!

*ROUTINE MIGHT VARY SLIGHTLY IN TIMING AND ACTIVITIES DEPENDING ON THE DISCRETION OF YOUR PERFORMER. BE SURE TO LET US KNOW IF YOU HAVE ANY ADDITIONAL QUESTIONS!*