

Week 8 of in-home programming activity plans

Movement:

1. Move like Avengers <https://www.youtube.com/watch?v=uYi1kyMeFHQ>
2. Spiderman Workout https://www.youtube.com/watch?v=YC_V8hnU2PY
3. Train like Thor <https://www.youtube.com/watch?v=c3oeoVsM95s>
4. The Batman Workout <https://www.youtube.com/watch?v=8dLNbAcMqzc>
5. Black Panther workout <https://www.youtube.com/watch?v=9SDWArXm4mA>

Coloring Pages:

1. The Avengers <http://www.supercoloring.com/coloring-pages/cartoons/marvels-the-avengers>
2. Ironman <http://www.supercoloring.com/coloring-pages/cartoons/iron-man>
3. Superman <http://www.supercoloring.com/coloring-pages/cartoons/superman>
4. Batman <http://www.supercoloring.com/coloring-pages/cartoons/batman>
5. Black Panther <https://www.bestcoloringpagesforkids.com/black-panther-coloring-pages.html>

Movies to watch:

1. The Avengers
2. Ironman
3. Man of Steel
4. The Dark Knight
5. Black Panther

Life Skills—Cooking:

1. Avengers Pizza Party make your own pizza
<https://msrachelhollis.com/2015/04/21/avengers-pizza-party/>
2. Avengers Jello treats <http://tastefullyfrugal.org/2015/04/avengers-moves-jello-treats.html>
3. Avengers Party drinks <http://www.fivelittlechefs.com/recipe/beverages/avengers-party-drinks.html>
4. Fruit and Marshmallow Capt. America tray



5. Make Super Hero donuts <https://www.momendeavors.com/diy-superhero-donuts/>

Sensory/Other:

1. Make Hulk slime <https://thriftyjinxy.com/hulk-slime-make-your-own-avengers-endgame-fun/>
2. DIY super hero stress balls <http://krysanthe.com/diy-stress-balls-superhero-style/>
3. Fire Slime <https://everydaychaosandcalm.com/simple-slime-recipe-fire-slime/>
4. Super Hero Word Search included in email
5. Do thank yous to Super Heroes, that may be the staff in the home, hospital workers, first responders, etc.

Video games of the Superheroes: enjoying watching the video game be played

1. Avengers Gameplay full walkthrough

<https://www.youtube.com/watch?v=D3Us4mJ2eME>

2. Ironman video game <https://www.youtube.com/watch?v=DyKfQdoKC8o>

3. Superman Returns walkthrough part 1

<https://www.youtube.com/watch?v=Q5aga7ZG588>

Superman Returns walkthrough part 2

<https://www.youtube.com/watch?v=EX3SXjNDmT8>

Superman Returns walkthrough part 3 <https://www.youtube.com/watch?v=qb68UniiOzY>

4. The Dark Knight Rises Full Game Walkthrough

<https://www.youtube.com/watch?v=vK--6ShDWwg>

5. Disney Infinity Black Panther gameplay

https://www.youtube.com/watch?v=fu43_AGxe5E

Minute to Win It Games:

There are many different Super Hero minute to win it games on this site, you can adapt to make things easier or slower

<https://www.playpartyplan.com/superhero-minute-to-win-it-games-for-kids/>