

SUPERHEROES IN TRAINING:

The Adventure and Exploration of the Science of Spirit and Form

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I. Why Does This Course Exist?

This course strives to teach children that what they think, do and say has an impact on the world around them and on their own lives. The kids stay engaged with the subject matter through the power of play rather than lecturing them about their behavior. Superheroes in Training is about teaching and modeling positivity, instead of meeting negative thoughts and behaviors in children with a negative response from adults.

II. How Long is This Course?

The course lasts seven weeks. We meet once a week, giving the kids six days to process what they learned before covering new material.

III. Learning Outcomes:

By the end of this course, participants will be able to:

- Understand what the 7 special superhero powers (responsibility, respect, honesty, safety, forgiveness, health, and teamwork) are.
- Apply the 7 special superhero powers to situations, and know whether their behavior is, for example, respectful or not.
- Understand what a positive and negative outlook are.
- Understand that the energy, thoughts, words and actions they put out can affect the world.
- Practice planning, decision-making, and task completion.

IV. Format and Procedures:

We meet once a week for 7 weeks. During each meeting we introduce one of the 7 special superhero powers. Our progress is tracked with a rocket ship puzzle. Each time we meet, we add another piece to the rocket ship. The activities listed below in the Course Schedule are tailored to suit the children and the the time available.

V. Course Schedule

(We cover as many activities as the time and children allow)

Week 1 - Responsibility	
Parachute Game	An energetic parachute and ball game to get the kids ready to focus, and where we reveal special superhero power number 1, responsibility.
Trivia Game	Talk about responsibility and answer trivia questions written on cards produced by Mr. Munchy (our faux fur assistant filled with trivia cards) to activate the superhero power. Example: 'If you eat a bunch of candy before dinner, so you don't want to eat the healthy food your parents made for you, is that being responsible?'
Focus and Completion Game	Challenges the children to focus on and complete simple tasks, and experience the power of decision-making.
Frequency Meter	Introduce the children to the concept of their special energy -- joy -- and that it can be shared with others and build up quality of life. Practice raising our joy to increase the frequency meter reading.
Creation Bag	Through the use of a creation bag, the children learn and experience that their special energy is creative, and creates beauty in the world. They learn that negative energy makes negative things come out of the bag (e.g., dirty socks), and positive energy makes positive things come out of the bag (e.g., butterflies).

Week 2 - Respect	
Parachute Game	An energetic parachute and ball game to get the kids ready to focus, and where we reveal special superhero power number 2, respect.
Trivia Game	Talk about respect and answer trivia questions written on cards produced by Mr. Munchy (our faux fur assistant filled with trivia cards) to activate the superhero power.
Evolving Activity Game	The children learn to break a big goal into small tasks, and work on one small chunk at a time.
Frequency Meter	We practice raising the reading on the frequency meter. Reveals how being respectful, caring for oneself, one another, and mother nature, through thought, word and deed is a powerful use of ones energy and builds oneself and life up!
Creation Bag	Builds off last week's creation bag activity. Reveals how our words are like magic, and how they create the world around us. Emphasizes the importance of being responsible and respectful with the words one uses through the metaphor of a garden. Your words are seeds that you are planting in the garden of life. We are always growing things with our words.

Week 3 - Honesty	
Parachute Game	An energetic parachute and ball game to get the kids ready to focus, and where we reveal special superhero power number 3, honesty.
Trivia Game	Talk about honesty and answer trivia questions written on cards produced by Mr. Munchy (our faux fur assistant filled with trivia cards) to activate the superhero power.

Week 3 - Honesty	
Obstacle Course	Kids will cross a pit of snakes and alligators on lily pads to rescue an egg and build a brick wall. The children exercise teamwork, decision-making, planning, patience, and persistence with step by step sequences that lead to completion of a goal. The obstacle course also develops the child's belief in their ability to complete a task.
Creation Bag	Learn about our internal guidance system, and explore positive outlook vs a negative outlook and what that means to you and how life plays out; I can vs I can't, appreciating vs complaining.

Week 4 - Safety	
Parachute Game	An energetic parachute and ball game to get the kids ready to focus, and where we reveal special superhero power number 4, safety.
Trivia Game	Talk about safety and answer trivia questions written on cards produced by Mr. Munchy (our faux fur assistant filled with trivia cards) to activate the superhero power.
Bubble Dance	Read cards with emotions written on them while we dance among bubbles. We connect to the fullness of life, and we bravely explore all our different, wonderful emotions.
Interactive Magic Balloon Trick	<p>Demonstrate persistence and problem solving with a balloon trick. At first the trick is not successful, so we try again with different approaches until we succeed.</p> <p>The children see and experience the power of decision-making, imagination, will power, patience and persistence, and belief in oneself to do the impossible.</p>

Week 5 - Forgiveness	
Parachute Game	An energetic parachute and ball game to get the kids ready to focus, and where we reveal special superhero power number 5, forgiveness.
Trivia Game	Talk about forgiveness and answer trivia questions written on cards produced by Mr. Munchy (our faux fur assistant filled with trivia cards) to activate the superhero power.
Our 5 Amazing Senses	Get in touch with our senses and explore how they allow us to interpret the world around us.
Creation Bag	Practice focusing our attention to see how our energy, our joy, manifests things. Where energy flows things grow. Children learn that they are creative beings who can change the world with their energy.

Week 6 - Health	
Parachute Game	An energetic parachute and ball game to get the kids ready to focus, and where we reveal special superhero power number 6, health.
Trivia Game	Talk about health and answer trivia questions written on cards produced by Mr. Munchy (our faux fur assistant filled with trivia cards) to activate the superhero power.
Physical Games	Build strength and coordination with a tug of war, rocket balloon launch, balloon stomp. Kids exercise teamwork and planning.
Mirror Adventure	Who is that? Kids make faces into the mirror. The way to change what's in the mirror is to change your face. You can't use your hands to change the expression looking back at you in the mirror. This activity reveals that there is a connection between what happens inside the self, and what we see out there in the world.

Week 6 - Health

Creation Bag	We turn garbage into something beautiful. The children see and experience how their special energy -- joy -- has the power to transform the world around us.
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Week 7 - Teamwork

Parachute Game	An energetic parachute and ball game to get the kids ready to focus, and where we reveal special superhero power number 7, teamwork.
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Trivia Game	Talk about teamwork and answer trivia questions written on cards produced by Mr. Munchy (our faux fur assistant filled with trivia cards) to activate the superhero power.
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Mummy Wrap	The kids are split up into teams and have to work together to turn the chosen child into a mummy with toilet paper. The kids practice teamwork, planning, patience, persistence, willpower, decision-making, and belief in one's self.
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Raise the Frequency	Through the use of the frequency meter, we see that what one does with their energy has a powerful impact on the world around us. And that your joy, your frequency, is powerful. Through our actions and energy we'll raise the frequency to 100!
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Transformation	The children and Blast assist an angry rotten tomato -- Signoir Malapasta, AKA Mr. Bad Noodle -- to realize it may be more fun and enjoyable to be a lovable sweet tomato instead of an angry rotten tomato.
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