

monthly mini dates

MARCH

SUPER
HERO

date



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Super Hero Lunch

This Super Hero Lunch is designed to help your loved ones feel brave and courageous so they can feel “SUPER” as they face new situations.

INGREDIENTS:

flour tortillas
lunch meat
cheese
circle and star cookie cutters
grapes
granola bars



STEP 1: Use round cookie cutters of different shapes to cut the tortilla and meat.

You could also use the top of a glass or other round item to get the size of circle that you want.

STEP 2: Layer tortilla, ham, cheese, ham and then added a star of cheese on the top. It was fun for my son to wrap these up and eat them. They were just his size!

STEP 3: Add fruits and granola bars to a small container to complete the lunch!



Pool Noodle Poppers

These poppers are the perfect craft for any age!

MATERIALS:

- Pool Noodles
- Pocket Knife
- Duct Tape
- 12 Inch Balloons
- Scissors
- Mini Pom Poms or Mini Marshmallows

DIRECTIONS:

STEP 1: Cut the pool noodle into pieces about 3 inches thick. They are really easy to cut but make sure you are careful.



STEP 2: Cut the tip off of a balloon and tie a knot in the other end. Make sure not to cut too much off of the tip so that it can stretch around the pool noodle.



STEP 3: Stretch the balloon over one of the ends of the pool noodle that has been cut.



STEP 4: Secure the balloon with your favorite style of Duct Tape.



STEP 5: Place a mini marshmallow or a pom pom inside, pull back on the balloon and let it fly! Just make sure to clean up the mess after the fun is complete!



Super Hero Cape

MATERIALS:

Old Tee Shirt
Felt
Foam Stars
Hot Glue
Scissors



DIRECTIONS:

STEP 1: Lay the tee shirt face down on a flat surface. Cut the shirt from the armpit to the neck, discarding the sleeves. Repeat for the other arm.



STEP 2: Use scissors to trim around the collar on the front. Discard the front of the tee shirt.



STEP 3: Lay the cape face down on a flat surface. Use felt to cut out a crest and your child's initial. Place foam stars onto the cape as desired. Hot glue all items in place.



To wear, slip the cape over your head and have super hero fun!

SUPER HEROES AND VILLAINS

WORD SEARCH



I H V I F X N R E T N A L N E E R G D R
N L I V E D E R A D T H O R I C W Q B J
D B T X H V H I R O N M A N Y T O K J R
U L T R O N U D E Q B I V B X N L C J B
P S S E Z S L H Z Y O I J Y T I V Y T L
I I R E D S K U L L S N N F X U E U B A
J A C I R E M A N I A T P A C G R S D C
D C N V C L V G B M K G T X I N I O R K
J A A A B B J L R L U H S K Y E N S O W
X T M V L Z E E N F F O S N B P E I C I
Q W T F G W D Y Z A G L A S D E N L T D
N O A Z O I M T N R M M N R G H N V O O
I M B M P E H A O N O R D V L T H E P W
T A A S J E M B A W L O E Q M B Q R U B
J N J S F A Y N R G O W O P W V H S S Y
K M X L U C O E I M P X G F U E F U B D
N H A Q Q R D P I K O L R Z W S Q R Q K
L S A F D N I L B O G N E E R G I F I D
H L H E O T Q B L A C K P A N T H E R A
L P W W E R D Y F D D Y E J O K E R U R

Ironman

Spiderman

Thor

Silver Surfer

Daredevil

Green Lantern

Dr Doom

Ronan

Invisible Woman

Red Skull

Hulk

Batman

Black Widow

Wolverine

Black Panther

Flash

Green Goblin

Cat Woman

Loki

Superman

Captain America

Wonder Woman

Aquaman

Cyborg

Ultron

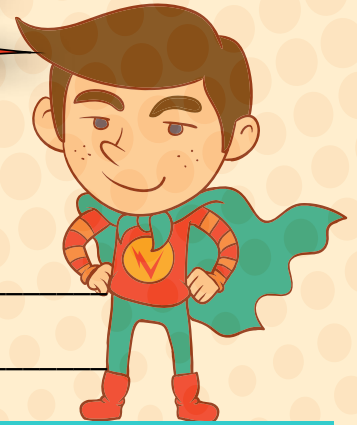
Joker

The Penguin

Dr Octopus

KA-POW!

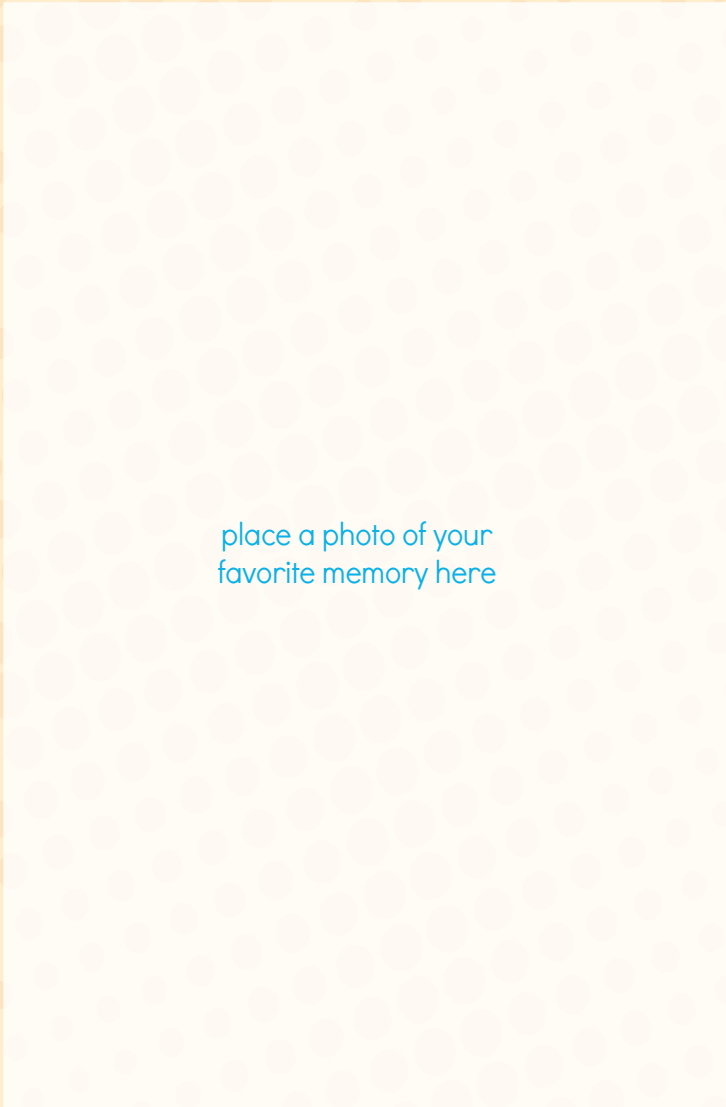
Fun things we did together:



MARCH



Our favorite activity:



place a photo of your favorite memory here