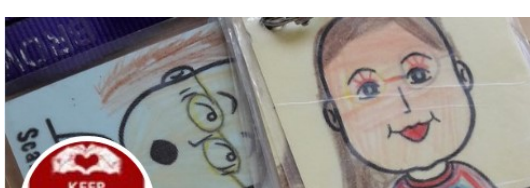


- Enjoy music with Melody
- Get active every day of the week
- Check your family's feelings
- Read 'My Hero is you' a global tale
- Play 'Charades'



### Thriving in education

@SEL\_Norfolk\_Sch

Duke loves music and has just discovered classical thanks to Cbeebies' Melody. Melody lets her incredible imagination takes her on exciting adventures. To listen to the music and stories with Melody, click the picture.



Active Norfolk have teamed up with Norfolk's School Sports Partnerships to give schools, parents, and carers handy resources to get kids active every day of the week! Follow the links below to find ideas and activities, updated every week.

[Make it Monday](#)

[Try it Tuesday](#)

[Wellbeing Wednesday](#)

[Timetable Thursday](#)

[Freestyle Friday](#)



Duke also loves drawing and is enjoying learning to draw his favourite character the Gruffalo. He likes Axel Scheffler and Julia Donaldson's new cartoons. To draw your own Gruffalo [click here](#)



To watch the BBC animation, of The Gruffalo [click here](#)



"My Hero is You" aims to help children around the world understand COVID-19. It was developed by the IASC alongside experts in mental health and parents, caregivers, teachers and children in 104 countries.



There's another PJ Masks challenge to keep you entertained and moving.

Barnardos have shared a brand new SEL Brain Break game! This is to enjoy anytime you need a bit of time off from learning or just to enjoy as a family and get some

## CHARADES

This indoor activity supports the following SEL concepts:

- ✓ Co-operative learning
- ✓ Making good decisions/choices
  - ✓ Respect
- ✓ Listening to each other
  - ✓ Self control

**SEL TOP TIPS**  
for a successful game:

Try to remember:

- › Your fair play rules
- › To compliment your team mates
- › The Golden Rule

### HOW TO PLAY

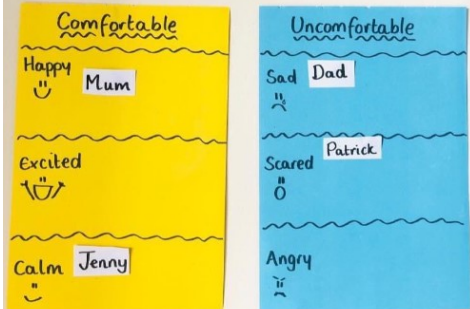
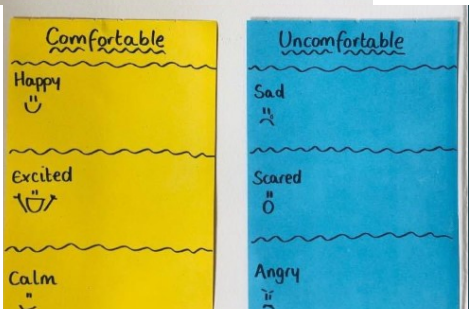
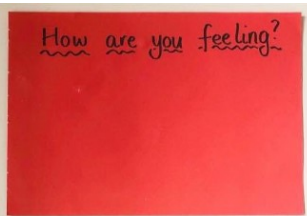
1. The players divide themselves into two teams.
2. The leader chooses the first player from one of the teams.
3. The leader then secretly gives this player a film or book title to act out.
4. The player is not allowed to use sounds, to mouth words or use drawing.
5. It is the job of the player's team to guess what the name of the film or book is.
6. If they are able to guess then the team gets a point.
7. Repeat with a player from the opposite team.

**VARIATION**

Think about acting out different feelings that the players have been learning in their SEL lessons.



Our friends at Barnardos have shared these Family Feelings Check ins that help keep track of our emotions at home. What a great idea!





**The Gruffalo, Stick Man and the Smartest Giant in Town lend a paw, a stick and a hand to help with the coronavirus effort**



Charlie Cook has to stay in his house.  
He reads to the cat and he reads to the mouse.

Illustration: © 2015 Scholastic Teaching Resources. All rights reserved. Scholastic Teaching Resources. All rights reserved.



"Stay in your house," said the wise old man.

Illustration: © 2015 Scholastic Teaching Resources. All rights reserved. Scholastic Teaching Resources. All rights reserved.

Stick Man and Lady stay home in their tree,  
But they're still keeping fit with their Stick Children three.



Illustration by David Roberts. © 2015 by David Roberts. All rights reserved.



You'd better be safe, you'd better be smart.  
Stay on the broom, but stay well apart.

Illustration by David Roberts. © 2015 by David Roberts. All rights reserved.



"All right," said the Gruffalo, bursting with laughter.  
"You go ahead and I'll follow two metres after."

Illustration by David Roberts. Text by Julia Donaldson. © 2001 by Julia Donaldson and David Roberts. All rights reserved.



Prunella and Pat are safe in their flat,  
Being looked after by Tabby McTat.

Illustration by David Roberts. Text by Julia Donaldson. © 2001 by Julia Donaldson and David Roberts. All rights reserved.



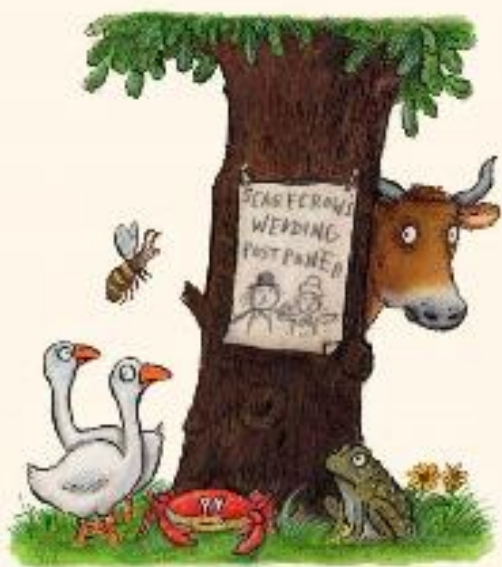
The Gruffalos stayed in the Gruffalo cave.  
The Gruffalo's Child did her best to behave.

Illustration by David Roberts. © 2003 The Gruffalo Book by Julia Donaldson and David Roberts. All rights reserved.



"Give me your soap and your loo rolls  
And everything else on the shelf.  
For I am the Rat of the Highway  
And I'm taking them all for myself."

Illustration by David Roberts. © 2003 The Gruffalo Book by Julia Donaldson and David Roberts. All rights reserved.



The Scarecrows' Wedding can't happen just yet.  
When everyone's well, a new date will be set.

Illustration: © 2015 by the author. All rights reserved. The Scarecrows' Wedding © 2015 by the author.



Look me up and down,  
I'm the cleanest giant in town!

Illustration: © 2015 by the author. All rights reserved. The Scarecrows' Wedding © 2015 by the author.



Zog and the Flying Doctors tell the lion with the sneeze,  
"Don't sneeze into your paw - and use a paper hanky, please."

Illustration © Paul Galloway and John Laing for BBC. Based on information from the Department of Health © 2013. All Rights Reserved.



Granny and Grandpa are all on their own,  
But they always cheer up when the grandchildren phone.

Illustration © Paul Galloway and John Laing for BBC. Based on information from the Department of Health © 2013. All Rights Reserved.



# My Hero is You

how kids can  
fight COVID-19!



**IASC**  
Inter-Agency Standing Committee

## The making of “My Hero is You”

This book was a project developed by the Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings (IASC MHPSS RG). The project was supported by global, regional and country based experts from Member Agencies of the IASC MHPSS RG, in addition to parents, caregivers, teachers and children in 104 countries. A global survey was distributed in Arabic, English, Italian, French and Spanish to assess children’s mental health and psychosocial needs during the COVID-19 outbreak. A framework of topics to be addressed through the story was developed using the survey results. The book was shared through storytelling to children in several countries affected by COVID-19. Feedback from children, parents and caregivers was then used to review and update the story.

Over 1,700 children, parents, caregivers and teachers from around the world took the time to share with us how they were coping with the COVID-19 pandemic. A big thank you to these children, their parents, caregivers and teachers for completing our surveys and influencing this story. This is a story developed for and by children around the world.

This IASC MHPSS RG acknowledge Helen Patuck for writing the story script and illustrating this book.

©IASC, 2020. This publication was published under the Creative Commons Attribution-NonCommercial-ShareAlike 3.0 IGO license (CC BY-NC-SA 3.0 IGO; <https://creativecommons.org/licenses/by-nc-sa/3.0/igo>). Under the terms of this licence, you may reproduce, translate and adapt this Work for non-commercial purposes, provided the Work is appropriately cited.

## Introduction

“My Hero is You” is a book written for children around the world affected by the COVID-19 pandemic.

“My Hero is You” should be read by a parent, caregiver or teacher alongside a child or a small group of children. It is not encouraged for children to read this book independently without the support of a parent, caregiver or teacher. The supplementary guide called “Actions for Heroes” (to be published later) offers support for addressing topics related to COVID-19, helping children manage feelings and emotions, as well as supplementary activities for children to do based on the book.

## Translations

The Reference Group itself will coordinate translation into Arabic, Chinese, French, Russian, and Spanish. Contact the IASC Reference Group for Mental Health and Psychosocial Support (MHPSS) ([mhpss.refgroup@gmail.com](mailto:mhpss.refgroup@gmail.com)) for coordination of translations in other languages. All completed translations will be posted on the IASC Reference Group website.

If you create a translation or an adaptation of this Work, kindly note that:

- You are not allowed to add your logo (or that of a funding agency) to the product.
- In case of adaptation (i.e., changes in the text or images), the use of the IASC logo is not permitted. In any use of this Work, there should be no suggestion that IASC endorses any specific organization, products or services.
- You should license your translation or adaptation under the same or equivalent Creative Commons license. CC BY-NC-SA 4.0 or 3.0 is suggested. This is the list of compatible licenses: <https://creativecommons.org/share-your-work/licensing-considerations/compatible-licenses>
- You should add the following disclaimer in the language of the translation: “This translation/adaptation was not created by the Inter-Agency Standing Committee (IASC). The IASC is not responsible for the content or accuracy of this translation. The original English edition “Inter-Agency Standing Committee. My Hero is You: How Kids Can Fight COVID-19! Licence: CC BY-NC-SA 3.0 IGO shall be the binding and authentic edition.”





Sara's mum is her hero because she is the best mum *and* the best scientist in the world. But even Sara's mum cannot find a cure for the coronavirus.

"What does COVID-19 look like?" Sara asked her mum.

"COVID-19, or the coronavirus, is so tiny we can't see it," said her mum. "But it spreads in the coughs and sneezes of people who are sick, and when they touch people or things around them. People who are sick get a fever and a cough and can have some trouble breathing."

"So we can't fight it because we can't see it?" Sara asked.

"We can fight it," said Sara's mum. "That's why I need you to be safe, Sara. The virus affects many kinds of people, and everyone can help us fight it. Children are special and they can help too. You need to stay safe for all of us. I need you to be my hero."



Sara laid in bed that night and did not feel like a hero at all. She felt upset. She wanted to go to school but her school was closed. She wanted to see her friends but it was not safe. Sara wanted the coronavirus to stop scaring her world.

“Heroes have super powers” she said to herself, closing her eyes to sleep. “What do I have?”

Suddenly a gentle voice whispered her name in the darkness.

“Who’s there?” Sara whispered back.

“What do you need to be a hero, Sara?” the voice asked her.

“I need a way to tell all the children in the world how to protect themselves so they can protect everyone else...” said Sara.

“So what do you need me to be?” the voice asked.

“I need something that can fly... something with a big voice... and something that can help!”

With a whoosh, something amazing stepped into the moonlight...





"What are you?" gasped Sara.

"I'm Ario," he said.

"I've never seen an Ario before," said Sara.

"Well, I've been here all along," said Ario.  
"I come from your heart."

"If I have you... then I can tell all the children in the world about the coronavirus!" said Sara. "I can be a hero! But wait, Ario, is it safe to travel with the coronavirus around?"

"Only with me, Sara," said Ario. "Nothing can harm you when we are together."





So Sara jumped on Ario's back and together they soared out through her bedroom window, into the night sky. They flew towards the stars and said hello to the moon.

As the sun rose, they landed in a lovely desert by pyramids, where a small group of children were playing. The children cried out in joy and waved at Sara and her Ario.

"Welcome, I am Salem!" cried one of the boys. "What are you doing here? Sorry, we can't come closer, we have to stay at least one metre away!"

"That's why we're here!" Sara called back. "I'm Sara and this is Ario. Did you know that children can keep their neighbours, friends, parents and grandparents safe from the coronavirus? We all need to..."

"Wash our hands with soap and water!" said Salem with a smile. "We know, Sara. We also cough into our elbows if we're sick - and we wave to people instead of shaking hands. We try to stay inside, but we live in a very crowded city... not everybody is staying home."

"Hmm, maybe I can help with that," said Ario. "They can't see the coronavirus, but... they can see me! Jump on, but please sit on both sides of my wings - they are at least one metre apart!"





Ario flew into the sky with Salem and Sara on both of his wings. He flew across the city and began to roar and sing! Salem cried out to the children in the streets:

“Go, tell your families, we are safer inside! We can take care of each other best by staying home!”

People were amazed by what they saw. They waved and agreed to go into their houses.





Ario soared high into the sky. Salem cried out in joy. Up there in the clouds a plane flew by, and the passengers looked out at them in awe.

"People will have to stop travelling soon, at least for now," said Salem. "They are closing the borders across the world, and we should all stay where we are and with people we love."

"So many things feel like they have changed," said Sara. "I get scared about it sometimes."

"It can feel scary and confusing when things are changing, Sara," said Ario. "When I feel scared, I breathe very slowly - and breathe out fire!"

Ario blew out a huge fireball!

"How do you relax when you feel scared?" Ario asked them.



"I like to think about someone who makes me feel safe," said Sara.

"Me too, I think of all the people who help me feel safe, like my grandparents," said Salem. "I miss them. I can't give them a hug because I could give them the coronavirus. We usually see them every weekend, but not now because we have to keep them safe."

"Can you call them?" Sara asked her friend.

"Oh yes!" said Salem. "They call me everyday and I tell them about all the things we are doing at home. It makes me feel better, and it makes them feel better too."

"It is normal to miss people we love that we can't see right now," said Ario. "It shows how much we care. Would it make you feel better to meet other heroes?"

"Yes please!" Sara and Salem cried back.

"Great, my friend Sasha has a very special superpower," said Ario. "Let's go!"





And so they soared down to earth and landed by a small village. A girl was outside her house picking flowers. When she saw Ario and the children sitting on his wings, she laughed.

"Ario!" she cried. "We have to stay at least one metre apart, so I will throw you a hug! What are you all doing here?"

"I felt your hug when you told me that, Sasha," said Ario. "I love how we can use words to show we care, and actions too. I wanted my friends to learn about your superpower."

"What is my superpower?" said Sasha.

"Since someone in your family got sick, you are staying at home to make sure you don't share the coronavirus with anyone else," said Ario.

"Yes, it's my Dad, and he's staying in his bedroom until he gets completely better," said Sasha.



"But it's not so bad! We play games, cook, spend time in our garden and have meals together. My brothers and I touch our toes and dance. We read books and I can keep learning because sometimes I miss school. Staying home felt weird at first, but now it feels normal."

"That's not always easy, Sasha," said Ario. "You are finding ways to have fun and get along with your loved ones at home. That makes you my hero!"

"Do you ever fight with your family?" asked Salem.

"We fight sometimes," said Sasha. "We have to be extra patient, and extra understanding, and even quicker to say I'm sorry. That is a real superpower, because it can make ourselves and others feel better. I also need a little time alone. I love dancing and singing on my own! And I can call my friends sometimes..."

"But, Ario, what about people who are far from home or don't have a house?" asked Sara.

"That's a great question, Sara," said Ario. "Let's go and find out."





And so they said goodbye to Sasha and set off once more. The air grew warmer as they landed on an island surrounded by the sea.



There they saw a camp full of people.

One girl saw them and waved from a distance.

“Hi Ario, I’m so happy to see you again!” she called out. “We are trying to stay at least one metre away, so I’ll talk to you from here. But I’d love to meet your friends! My name is Leila.”

“Hi Leila! I’m Sara, and this is Salem,” Sara called back. “It sounds like you’re trying to protect yourself from the coronavirus. What else are you doing?”

“We’re washing our hands with soap and water!” Leila called back.

“Do you also cough into your elbow?” asked Salem.

“Can you show us how?” Leila called back. So Salem showed them.

“We are all trying to be brave, but I am worried about something,” said Leila. “Can I talk about it with you? I heard someone got sick and died and it made me very afraid. Is it true people can die from coronavirus?”



Ario breathed a big sigh and sat down on his enormous bottom.

“Yes, little heroes, it’s strange,” said Ario. “Some people don’t feel sick at all, but some people can be very sick and some might die. That’s why we all have to be especially careful with older people, and those with other illnesses, because they tend to get more sick. Sometimes when we are feeling very afraid, or unsafe, it can help to imagine a safe place in our minds. Would you like to try this with me?”

They all said yes, and so Ario asked the children to close their eyes and imagine a place where they feel safe.

“Focus on a memory or a time when you felt safe,” said Ario.

He then asked them what they could see, what they could feel, and what they could smell in their safe place. He asked if there was anyone special they would like to invite into their safe place and what they might talk about together.

“You can go to your safe place whenever you feel sad or afraid,” said Ario. “This is your super power, and you can share it with your friends and family. And remember that I care about you, and many people do. That will help too.”







Leila said, "We can all care for each other."

"That's right, Leila," said Ario. "We can care for each other, wherever we are. Would you like to come with us on our last journey?"

Leila decided to travel with Ario and her new friends. Sara was glad Leila joined them because she knew that sometimes we need to support each other. They flew quietly, without words, but Leila knew her new friends cared a lot about her.



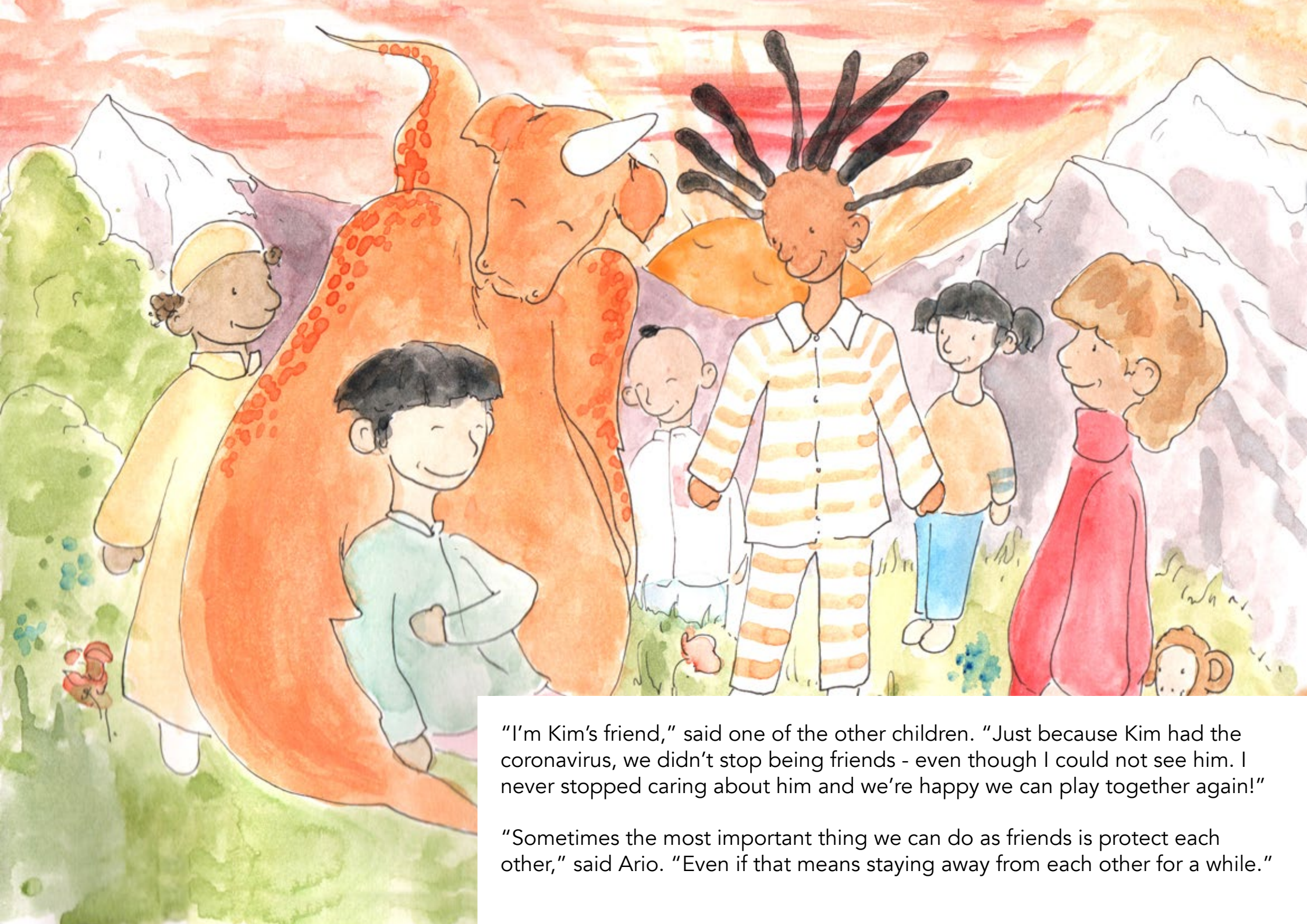
Snowy mountains slowly came into view, and Ario landed in a small town. A few children were playing by a stream.

"Ario!" one of them cried, waving to him.

"Hello, Kim," said Ario. "Everyone, I wanted you to meet some friends of mine who have had the coronavirus, and got better."

"What was it like?" Salem asked.

"I was coughing and felt too hot sometimes. I was also really tired and didn't want to play for a few days," said Kim. "But I slept a lot and my family took care of me. Some of our parents and grandparents had to go to hospital. The nurses and doctors were very kind to them, and people in our community helped us at home. After a few weeks, we were okay again."



"I'm Kim's friend," said one of the other children. "Just because Kim had the coronavirus, we didn't stop being friends - even though I could not see him. I never stopped caring about him and we're happy we can play together again!"

"Sometimes the most important thing we can do as friends is protect each other," said Ario. "Even if that means staying away from each other for a while."



“We can do these things for each other,” said Leila.

“And one day, we will all be able to play again and go back to school like we used to,” said Salem.

It was time to go home, and time for Sara to say goodbye to her new friends. They promised each other that they would never forget their adventure together.

Sara felt sad that they might not see each other for a while. But she felt better when she remembered what Kim’s friend had said. Just because you can’t see people, it doesn’t mean you stop loving them.



Ario dropped them all back to their homes, and waited for Sara to fall asleep before he left.

"Can we do the same tomorrow?" Sara asked him.

"No Sara, it's time for you to be with your family now," said Ario. "Remember our story. You can keep those you love safe by washing your hands and staying home. I am never far away. You can always be with me when you go to your safe place."

"You are my hero," she whispered.

"You are my hero too, Sara. You are a hero to all those who love you," he said.



Sara fell asleep and when she woke the next day, Ario was gone. So she went to her safe place to talk to him, then drew everything they had seen and learnt on their adventure. She ran to her mum with her drawing to tell her the news.

“We can all help people be safe, Mum,” she said. “I met so many heroes on my adventure!”

“Oh Sara, you are right!” said her mum. “There are many heroes keeping people safe from the coronavirus, like wonderful doctors and nurses. But you remind me that we can all be heroes, every day, and my biggest hero is you.”





# PJMASKS

## SUPER MOON ADVENTURE

### ACTIVITY GUIDE

# POWER OF 3



In partnership with



YOUTH  
SPORT  
TRUST

NATIONAL SCHOOL

SPORT WEEK



# POWER OF 3 ACTIVITY GUIDE

As part of National School Sport Week, Power of 3 is designed to capture the imagination of children and engage them in activity and learning.

Coinciding with the 60th Anniversary of NASA this year and the anniversary of the Moon landing in 2019, the PJ Masks trio Catboy, Owlette and Gekko embark on their most exciting mission yet, to a new world of discovery... the Moon!

## WHAT THE PACK PROVIDES

**READY**

Introduction to the Super Moon Adventure Pack

**SET**

Three PJ Masks adventure activity cards:

**1** Owlette's Bubble Trouble

**2** Catboy and the Crater Capers

**3** Gekko's Gravity Rescue

**BLAST OFF**

Let the adventure continue with suggested ideas to introduce activity at home

**...AND BEYOND**

Further resources available from the Youth Sport Trust to support physical development



**INTO THE MOONLIT NIGHT  
TO SAVE THE DAY!**



# POWER OF 3



## WHY 'POWER OF 3'

**Power of 3, as part of National School Sport Week, has been designed to:**

- Reflect the **PJ Masks** heroes and their unique skills and superpowers.
- Introduce activities that focus on the **3 fundamental movement skills**: *Agility, Balance and Coordination*.
- Inspire children to take part in daily activity, as recommended by the UK Chief Medical Officer, which for pre-school children is **3 Hours** (180mins).
- Supports the **3 EYFS prime areas of learning and development**: *communication & language, physical development and personal, social & emotional development*.
- Stimulate learning linked to **3 core PJ Masks themes**: *action & adventure, friendship & teamwork, and imagination*.

## WHY SUPER MOON ADVENTURE

- The Moon is core to PJ Masks and key to the heroes' **transformation and powers** – children will love this journey!
- Rich in atmosphere and possibility, the Moon is **exciting, intriguing** and provides a **fascinating topic for learning**.
- Launch of the theme coincides with **2018 missions to the Moon** by India and China and in 2019 with the **50th anniversary of the Moon landing**.

## WHY EARLY YEARS

**Physical activity is key in Early Years life, it helps children to:**

- 1** Grow up healthy, happy and strong
- 2** Learn new skills
- 3** Develop their brains
- 4** Gain new knowledge
- 5** Develop language

As children start to get ready for more structured education environments there needs to be an injection of **creativity and imaginative activities** to see what they are capable of achieving.

NAME OF ACTIVITY:

# OWLETTE'S BUBBLE TROUBLE



Luna Girl is trying to stop the PJ Masks from reaching the Moon by firing Luna Bubbles at the HQ Rocket. Can they avoid the Luna Bubbles to land safely on the Moon?

Topic:

**Introduction to the Moon**

Key Movement Development:

**Dodging, balancing, aiming and throwing**

## EQUIPMENT

Space  
Soft or foam balls / bean bags  
Hoop or container

## SAFETY

Remind superheroes to keep their heads up, watch out for each other as well as the bubbles.  
Underarm throws or rolling only.

## SUPERHERO POWERS



OWL EYES



FLIGHT



WING WIND



FEATHERS

## HOW TO PLAY

Start by preparing the group: "It's Time to be a Hero"

**1** Place a number of soft or foam balls / bean bags in the centre of the play space in a hoop or container. These are the Luna Bubbles.

**2** Identify a couple of villains to stand by the container ready to fire the Luna Bubbles.

**Question to ask:** "How will you throw accurately?"



**Answers may include:** "Keep your Owl Eyes on the target." "Point your arm in the direction of the target."

**3** Ask the heroes to find a space – they are Owlette driving the HQ Rocket towards the Moon.

**4** When instructed they travel around the area, avoiding each other and the Luna Bubbles thrown or rolled by the villains.

**5** If the Luna Bubbles hit them then they must sit down to the side as though they have landed or join the villains.



### CHECK OUT THIS EPISODE ...

#### "Moonstruck: Race to the Moon"

When a Harvest Moon appears the PJ Masks know that Luna Girl will be up to no good. HQ transforms into a rocket and Owlette helps her friends fly to the Moon for the first time to stop Luna Girl!

# INTRODUCTION TO THE MOON

## AREAS OF DEVELOPMENT

### Communication, Language and Literacy Development:

Introducing space language: blast off, lunar, the Moon, rockets, planets, mission control.

### Physical Development:

Direction, pathways, dodging and weaving. Fine motor skills: gripping, throwing and rolling.

### Understanding the World:

Introducing the themes of Space, lunar and the Moon landing.

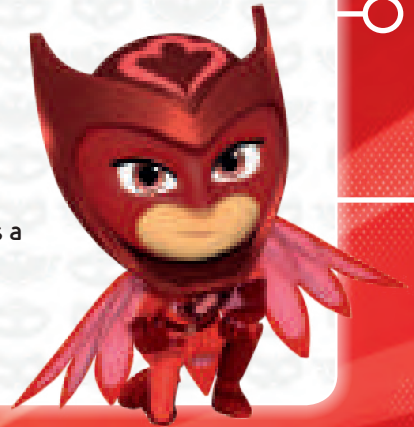
## WIDER LEARNING OUTCOMES

### Active Choice:

Making of movements, pathways, trying new activities.

Awareness of others and respecting them and their space.

Taking turns, working as a team, recognising when they have been hit and the need to stop.



## MORE ACTIVITY IDEAS EXPLORING THE SUPER MOON ADVENTURE THEME:



### ACTION & ADVENTURE

Divide a safe play area into two sides of the Moon. On each side place 10-20 bean bags, balls or balloons (Moon rocks). The team on each side needs to clear their debris for landing by clearing them onto the other team's side. Whoever clears the most rocks in 2 mins is the winner.



### FRIENDSHIP & TEAMWORK

In pairs or threes linking hands the children could pretend to be the HQ Rocket, travelling around the play area together and working as a team to avoid being hit by the Luna Bubbles.



### IMAGINATION

Get the children to design their own HQ Rocket using cardboard tubes and / or long balloons. Take them outside to test how far they can travel.



NAME OF ACTIVITY:

# CATBOY AND THE CRATER CAPERS



Despite damage to the HQ Rocket and a bumpy landing, the PJ Masks manage to successfully land on the Moon's surface in a big crater. Catboy is keen to go after Luna Girl. He and Owlette leave HQ Rocket and begin to explore the Moon and search for her on their PJ Rovers.

Topic:  
**Moon Landings  
and Craters**

Key Movement Development:  
**Leaping, jumping  
and landing**

## EQUIPMENT

Space  
Hoops / cones / ropes  
or sheets of paper

## SAFETY

Ensure there is enough  
space and craters are  
clearly marked out.

## SUPERHERO POWERS



AGILITY



SPEED



LISTENING



LASSO

## HOW TO PLAY

Start by preparing the group: "It's Time to be a Hero"

- 1 At both sides of a large space designate two zones – one is the HQ Rocket and one is Luna Girl's Lunar Fortress.
- 2 Place hoops / cones / ropes or paper in circles randomly around a designated space between both zones. These are craters on the surface of the Moon.
- 3 In pairs, Catboy and Owlette will aim to move from one zone to the other leaping between craters. Help each other plan a route and reach the fortress.



**Question to ask:** "How do you keep your balance when you land?"

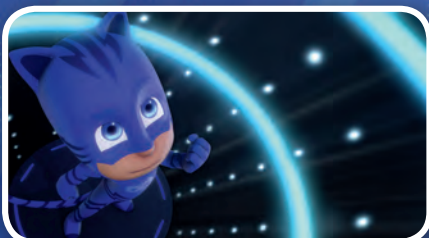
**Answers may include:** "Bend your knees and use your arms for balance."



4 See if they can successfully reach the Lunar Fortress by crossing the Moon's surface.



**Question to ask:** "How many craters did you have to cross?"



### CHECK OUT THIS EPISODE ...

#### "Moonstruck: Race to the Moon"

The PJ Masks ride their new PJ Rovers across the surface of the Moon, avoiding craters as they go! Whilst out on their mission, Catboy and his friends discover that Luna Girl's powers have created a crystal Lunar Fortress.



# MOON LANDINGS AND CRATERS

## AREAS OF DEVELOPMENT

### Communication, Language and Literacy Development:

Introducing words to describe the Moon's surface: bumpy, dusty, dry, rocky, dark.

### Physical Development:

Core stability, jumping, landing and gross motor skills.

### Mathematics:

Counting and estimating the numbers of craters, describing the shapes.

## WIDER LEARNING OUTCOMES

### Active Choice:

Making of movements, pathways, trying new activities.

Having confidence to try new things and respecting others' feelings, ideas and actions.

Understanding and following the rules of the activity.



## MORE ACTIVITY IDEAS EXPLORING THE SUPER MOON ADVENTURE THEME:



### ACTION & ADVENTURE

Split a set of cones into two piles. In the play area place half face up (craters) and the other half face down (mountains). Divide the group into two teams. Shout 'Blast off' to start and see which team turns the cones quickest to win.



### FRIENDSHIP & TEAMWORK

In small groups stand in a line one behind the other. The person at the end of the line holds a hoop (crater). The aim is to pass it along the line with each hero stepping into it, bringing it over their heads and passing it onto the next person. Can they work as a team to travel through the crater? Which team can complete the task first?



### IMAGINATION

Let the children explore their area or room by pretending to be one of the heroes on their PJ Rover. Ask them to travel over, under and around obstacles imagining they are moon rocks, crystals and craters!



NAME OF ACTIVITY:

# GEKKO'S GRAVITY RESCUE



Owlette and Catboy are captured and trapped in the Lunar Fortress. Gekko must overcome his fears, defy gravity and use his muscles to rescue them. Will he do it or will Luna Girl and her moon crystal overpower them?

Topic:  
**Understanding Gravity on the Moon**

Key Movement Development:  
**Co-ordination, crawling, balancing and sliding**

## EQUIPMENT

Space  
Bean bags or quilts  
Soft toys / pieces of equipment

## SAFETY

Ensure there is enough space for the activity and obstacles are removed from the space.  
Watch out for each other.

## SUPERHERO POWERS



STRENGTH



CLIMBING



CAMOUFLAGE



SHIELD

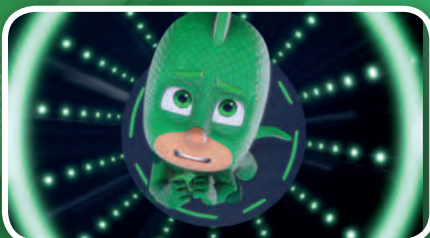
## HOW TO PLAY

Start by preparing the group: "It's Time to be a Hero"

- 1 Use cones to mark out a start and finish line, place a toy or piece of equipment at the finish line which the heroes must rescue.
- 2 Give each hero two bean bags to balance on top of their feet pretending they are gravity boots that stop them from floating away.
- 3 Can they walk or run to the finish line and back without the gravity boots falling off? If they do, start again. Use other parts of the body e.g. shoulders.

- 4 Now on all fours, can the hero place the bean bag on their back and crawl to the finish line and back using their Super Gekko Grip? Can they rescue the toy by also placing it on their back? If the toy or bean bag falls off - start again. Can they count how long it takes?

? **Question to ask:** "What helps keep the object balanced?"  
**Answers may include:** Concentrating, taking time, strong bodies.



### CHECK OUT THIS EPISODE ...

#### "Moonstruck: Lunar Fortress"

The PJ Masks must find a way to stop Luna Girl from creating more chaos with her new lunar powers! Gekko shows super bravery when he comes to the rescue of Owlette and Catboy!

# UNDERSTANDING GRAVITY ON THE MOON

## AREAS OF DEVELOPMENT

### Communication, Language and Literacy Development:

Use of key movement vocabulary: tiptoe, balance, run, walk, float and crawl.

### Physical Development:

Coordination, climbing, crawling, moving and balancing with objects.

### Expressive Art and Design:

Role playing and imagining – weightlessness and moving wearing 'heavy' gravity boots.

## WIDER LEARNING OUTCOMES

### Active Choice:

Making of movements, pathways, trying new activities.

Chance to share ideas about how best to complete the rescue, what worked and why?

Recognise their achievements and others when they completed a rescue.



## MORE ACTIVITY IDEAS EXPLORING THE SUPER MOON ADVENTURE THEME:



### ACTION & ADVENTURE

Introduce obstacles for the heroes to use their super Gekko climbing powers to climb over, under or around. Can they still balance the toy to complete the rescue?



### FRIENDSHIP & TEAMWORK

This time work in pairs or groups. Instead of having a toy to rescue at the finish line the hero must walk or crawl to the finish and piggyback or wheelbarrow their partner back, using their Super Gekko Muscles.



### IMAGINATION

Get the children to imagine they are going on a space mission or landing on the Moon. Get them to put on their space suits, gloves, boots, stepping out of HQ Rocket and walking on the Moon. Get them to suggest how they would move.



# PJMASKS



## TAKE HOME POWER OF 3 ACTIVITIES

Encourage children to continue their Super Moon Adventure journey of discovery at home with these 6 simple activities to do with their families. These fun Moon-themed ideas continue to build on the Power of 3 and the fundamental movement skills every child needs.



### AGILITY

#### 3, 2, 1 BLAST-OFF

Mark out a start line. Take it in turns as HQ Rocket to blast off and jump as far as you can off the start line. Mark where you land. Try again with a 3-2-1 run up. Can you improve? Who can jump the furthest?

#### ROCKET RELAYS

Use soft toys as satellites or meteors, set up a course with gaps in between. On "Blast-Off!" sprint along the course, weaving in and out of the toys. Time how long it takes. If you hit a toy your rocket will have been damaged so add 5 seconds. See if you can get faster.



### BALANCE

#### LUNA CRYSTAL STATUES

Heroes to move around to some music. When the music stops you become Luna Crystal statues. Can they stop quickly keeping very still and holding their shape?

Encourage heroes to move faster and still hold their shape when the music stops.

#### MOON AND BACK

Mark out a start and finish. In pairs, sit back-to-back on the start line and place the balloon or ball (Moon) between your backs. On "Launch!" shuffle across the ground to the finish line without dropping or bursting the balloon.



### COORDINATION

#### MOONSTRUCK

Set a balloon or soft ball (Moon) in the centre of space. Scrunch up old newspaper to make balls. Teams either side of the space throw their balls to hit the balloon. The team with the most strikes is the winner.

#### MISSION IMPOSSIBLE

Create an obstacle course. On the words "One small step" set off around the course as though you are walking on the Moon - but don't touch the floor or you'll have to do 10 star jumps! Make it harder by counting how long it takes and trying to get faster?

# IT'S TIME TO BE A HERO!



# HOW CAN YOU GET INVOLVED?

## SUPER MOON ADVENTURE DAY

As part of National School Sport Week (NSSW), our **Early Years day** encourages children to donate **£1** and dress as their favourite PJ Masks hero. Taking part in the **NSSW Power of 3 activities** will be exciting and contributing to the charity partnership will make your little ones real life heroes and help other children get active too!

## BE A HERO!

**The Youth Sport Trust** is a registered charity that believes in a future where every child enjoys the life changing benefits that come from play and sport. Every year we fundraise to improve the lives of thousands of young people by pioneering new ways of using sport to improve children's wellbeing and give them a brighter future.

Through our charity partnership with **Entertainment One**, we will be introducing **Power of 3** fundraising campaigns to build on **NSSW** and increase our work around Early Years, particularly to support young people and their families in the most deprived areas of the country.



Did you know that poverty affects **one in four** children in the UK today and about **67%** of the UK's poor children are from working families, where time and money restricts participation in activity and perpetuates the problem?

## WITH YOUR HELP

We are aiming to raise **£15,000** to support a number of families in poverty by being active and happy together utilising the **Healthy Movers programme** and inspiration of PJ Masks.

### £15,000 will reach and support:

- 3 community based centres
- 60 staff / volunteers
- 100 low income families (c. 200 plus children)



In partnership with



YOUTH  
SPORT  
TRUST

NATIONAL SCHOOL

SPORT WEEK

FOR FURTHER DETAILS ON HOW TO GET INVOLVED, SIMPLY VISIT

[www.youthsporttrust.org/pjmask](http://www.youthsporttrust.org/pjmask)

# BEYOND NATIONAL SCHOOL SPORT WEEK

The Youth Sport Trust have teamed up with PJ Masks to bring action and adventure to the Healthy Movers Toolkit.

Delivered through resources and training, **Healthy Movers** has been written to complement the **Early Years Foundation Stage (EYFS)** Framework and aims to develop the physical literacy of the whole child.

Healthy Movers featuring **PJ Masks** is a suite of resources and training to support Early Years practitioners to develop the knowledge, skills and confidence to ensure every child is physically literate. The suite of support enables settings to incorporate physical activity into every day and value the wider contribution to a child's development.

The full range of activities aims to inspire young people to develop their physical, social and emotional wellbeing to become '**school ready**'. One of the resources featuring the PJ Masks superhero trio Catboy, Gekko and Owlette, is designed to inspire children to release their inner hero through active play.

## Includes:

- Practitioner handbook - handy hints and tips to maximise delivery.
- 16 resource activity cards and reward stickers.
- EYFS wall hanger for your setting.
- Music CD to accompany activities.



In partnership with



YOUTH  
SPORT  
TRUST

NATIONAL SCHOOL  
SPORT WEEK

FOR FURTHER DETAILS ON HOW TO ACCESS HEALTHY MOVERS, SIMPLY VISIT  
[www.youthsporttrust.org/healthy-movers](http://www.youthsporttrust.org/healthy-movers)