



**SSf**  
**HIGHLAND HERO WEEK!**

**MON 5 - SUN 11 MARCH**

**[WWW.SAFESTRONGANDFREE.ORG.UK](http://WWW.SAFESTRONGANDFREE.ORG.UK)**



# Calling all Superheroes!

## Thank you for supporting Safe Strong and Free.

Following on from the success of last year, we are delighted to bring you Highland Hero Week. This year we are encouraging nurseries, schools, youth clubs and local businesses to join us by dressing up at work and making a donation or asking your friends and family to sponsor you. All competition entries can be sent to us by email at [info@safestrongandfree.org.uk](mailto:info@safestrongandfree.org.uk), or via [facebook](#). Looking forward to seeing them all.



We have some fabulous prizes for participants:

**Weekend Belladrum ticket for 2 adults:**

Win a Belladrum Festival ticket for being the best dressed-up adult.

**Family Landmark ticket (2 adults + 2 children):**

Best dressed-up child (parental permission required).

**Infinity pass:**

Design a Super Hero Cape- see next page.

We encourage all staff and children to dress up for a day and donate £1 to SSF.

**Closing date for all competitions is midnight on Sunday 17 March**



Look out for additional spot prizes  
on our website & facebook page.

We are delighted you are helping support SSF on Highland Hero Day. In this resource pack you will find lots of fun games to entertain your superheroes.



# SUPER ACTIVITY

We recently received some wonderful designs for three **\*\*BRAND NEW\*\*** heroes to help the children we encounter have a voice... The only trouble is on their roads to transformation they all lost their magical power enhancing capes!



Boys, Girls and Safe Grown-Ups we need your help!!!

Our Heroes originated from the imagination of a young girl from Moray (our newly allocated additional catchment area). She felt inspired and wanted to help you, boys and girls, to feel "SAFE, STRONG AND FREE!".



**Trusty Tom (TT)** comes all of the way from Lossiemouth. He shares with us his secret powers

to know we can trust our safe adults if we find ourselves in a situation where we are being bullied. Trusty Tom helps us to find our magical power to first trust a friend to help us say "NO!" and then if that doesn't work to trust a safe adult, because they can always help!



**Safety Sophia (SS)** was discovered right here in Inverness. She shares

with us her secret powers of how to stay safe when strangers appear. She encourages us to "RUN, YELL and TELL!".



And last but not least, **Honest Haldor (HH)** has travelled some treacherous weather

conditions from the tip of Scotland, John O' Groats, to share with us his magical powers of being able to be honest and open with our safe grown-ups, making sure we don't keep secrets from them no matter who tells us we should!

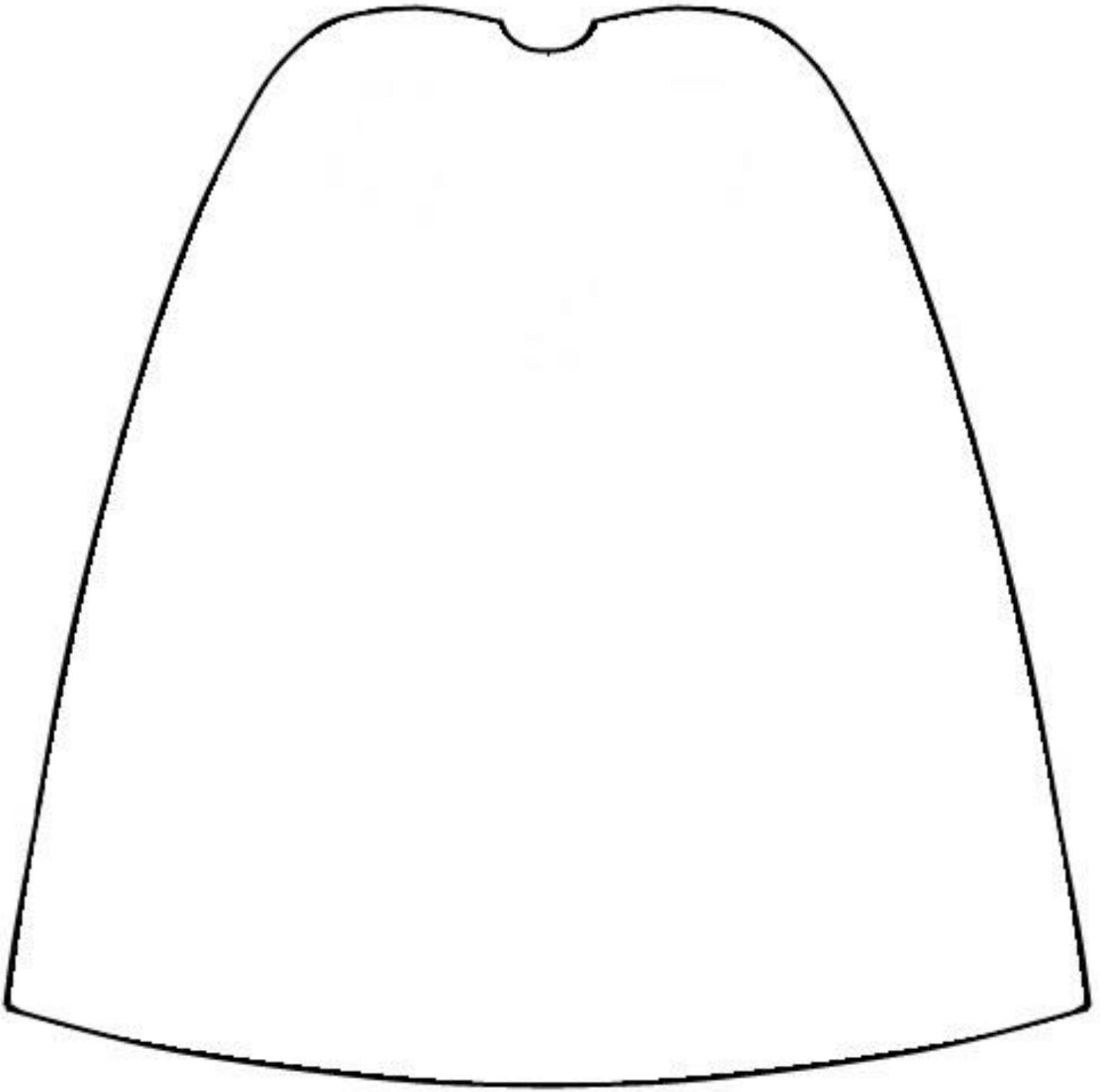
Now, as I said, the only troubles our super heroes are having are that on their travels storm Elanor blew away all of their magical capes, and do you know what that means boys and girls.... That means that they don't have their magic powers right now.... So this is where you can help. We need you to help us design some new ones so they can regain their powers and return to their roles in helping boys

and girls stay **SAFE, STRONG and FREE!**

We have given you a template of a cape. You can ask your safe grown up, whoever that may be, within nursery to help you cut it out and then you can use it to make a cape for which ever hero you'd like to make it for... Your nursery will collect up all your capes and take some wonderful pictures which they will send to us, and with the help of your safe grown-ups at home and nursery we will choose a winning cape!

The next bit is also super exciting. As a thank you for designing the magical cape we will have a copy of your cape in a mini superhero size made just for you! You can match your favourite Safe, Strong and Free Hero!

Our new Super Heroes are super excited to get their capes so have FUN, think like a SUPER HERO and MAKE THAT CAPE!



NAME: \_\_\_\_\_

NURSERY: \_\_\_\_\_

# SUPERHEROES

## KRYPTONITE RACE

Kryptonite is poison to superhero powers. In this superhero game the little superheroes break into two teams and race to remove all the pieces of kryptonite without touching them with their hands. To make kryptonite, ball up aluminium foil and paint them green.

To Play: Divide children into two teams and have them form a line. Provide each team with two dowel sticks and enough

kryptonite balls for every player, maybe two for every player. On the other end of the party space place two baskets (buckets, boxes, laundry baskets will all work). On the start of go one member from each team use their krypto sticks (dowel stick) to grip the kryptonite balls and run them over to their teams bucket. They run back and pass the krypto sticks to the next player. The race continues until one

team gets all their kryptonite into the basket.

For younger children: you can play a non competitive version of these games where they all work as one team to remove the kryptonite. You can also use large plastic shovels instead of sticks for them to pick the kryptonite up with.



## FIGHTER JET FLIGHT

Give each child a piece of paper to fold into a paper airplane. The kids can

then decorate them to make Superhero fighter jets. Each child takes a

turn launching them and the one which flies the furthest wins.

## VILLIAN, VILLIAN, HERO

Similar to Duck, Duck, Goose – Played in a round circle etc.

## ARCH ENEMY KNOCK DOWN

Stick pictures of villains onto empty cans, plastic milk jugs or plastic

bottles. Stand them on table. Line players up a few feet away and take

turns to knock them down.



# CHOOSE YOUR HERO

To prepare for this game, you will need to print two copies of the pictures of six Superheroes, a medium size square cardboard box and six chosen areas within the nursery/hall. Glue the pictures of Superheroes on the six sides of the square cardboard box and stick the other set of pictures around the

chosen zones. To play, each child picks a Superhero of their choice and then moves to the area where the picture is located, the games master then throws the box up high and the superhero picture it lands on is the superhero area that is out, continue until you only have one child left and they are the

winner. (Encourage the children to make their own choices and chooses seperately from others.)

- \*SuperGirl
- \*Marshall from Paw Patrol
- \*Skye from Paw Patrol
- \*Batman
- \*Captain America
- \*Ninjago Nya.



# SUPER STORIES

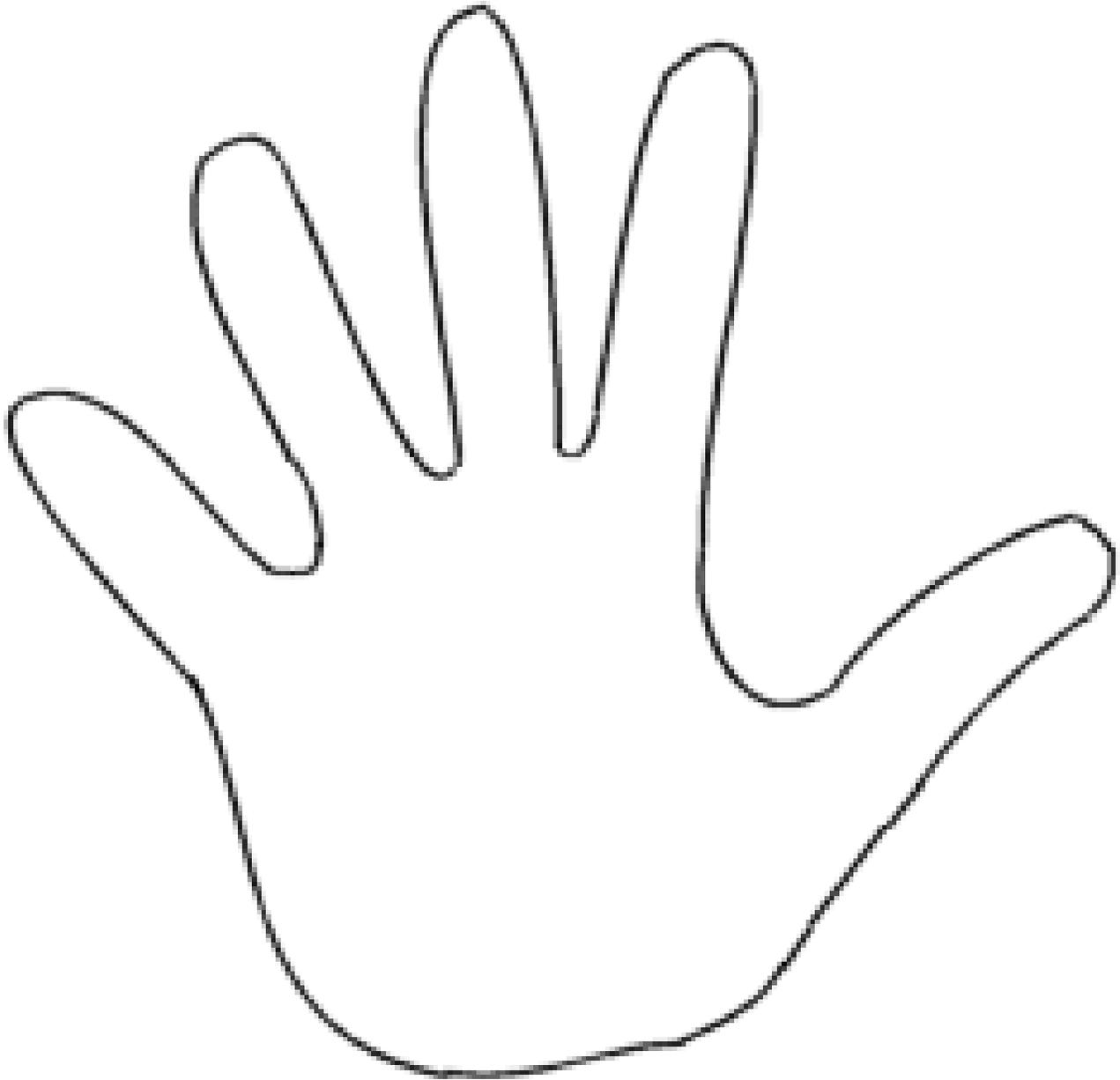
- Gather children together (small groups of up to four are preferable for observation and assessment purposes). Gain their attention by asking “Are you ready to **be in** a story? Well then let’s begin...”
- Use a ‘story starter’ from the suggestions below, or develop your own scenarios relevant to the children in your group. This activity is ideal if you have health and safety concerns about a particular child e.g. familiarity with strangers, misunderstandings around secrecy, etc.
- Listen as you go along and consider children’s input into the story. Use prompts and leading where they are not able to demonstrate the correct safe behaviours, e.g. **“Freeze! Think about what should happen next?”**
- Recap with the children what happened in the story and assess by asking **“What should you do if...”** questions. (If you are concerned that a child is not remembering the correct style of behaviours, note this as an immediate next step and go through SSF booklets again and work with the family on this.)
- Optionally you can use the stories developed during the exercise to craft storybooks with the children

## Story Starter suggestions:

- You are at a birthday party playing hide and seek with adults and other children. While you go to hide, an adult asks you to hide with them in the cupboard, but tells you that you should keep it a secret...
- You are playing in the park. Some older boys that you don’t know ask you if you want to play football with them...
- You are shopping with your parents and you find yourself lost in one of the aisles. There are a lot of adults around and you don’t recognise them but you notice an information desk near the checkouts.
- You are playing at nursery when you notice some of the other children are laughing at a girl because they have different coloured hair...



# My HEROES



Name 5 heroes that keep you safe

