



LESSON PLAN: SUPERHERO Cuffs

Topic: Self-esteem

Subject | Stream: Art

Grade Level: Primary (4-6)

Objective(s):

- Instill self-confidence
- Creatively express what it means to be a hero

Brief Summary:

Creativity is a portal for us to learn more about ourselves and how we perceive the world. Through this activity, students will reflect on their definition of a hero and try to express this through the superhero cuffs they design. An image at the end of the activity is attached (obtained from Kids Activities Blog) for a visual representation.

Background Information:

Being diagnosed with a brain tumour may affect a child's outlook on life, especially if diagnosed at a young age. Pediatric brain tumours are the second most diagnosed cancer among pediatric patients. The aim of this activity is to allow students to find their inner superhero to strengthen self-confidence and find the courage to tackle hurdles along their path.

Resources | Materials Required per student:

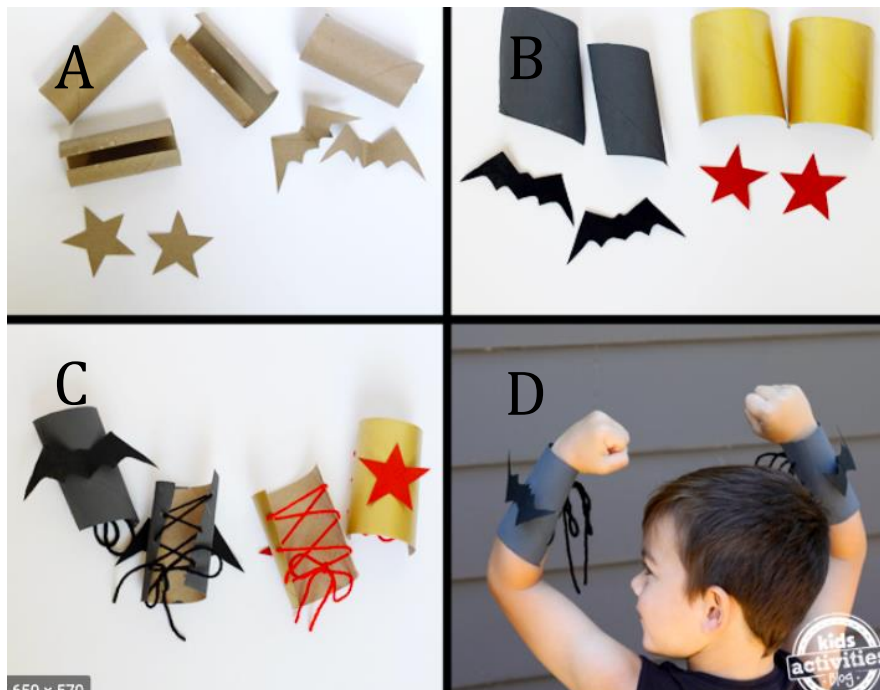
- A paper towel roll or 2 toilet paper rolls
- Construction paper
- Stickers
- Markers
- Stencils
- Scissors
- Glue or tape
- Coloured rope or string
- Single hole puncher(s)





Lesson or Activity Instructions:

1. Provide each student with two toilet paper rolls or a paper towel roll (which will have to be cut in half through the middle). Make a slit along the long side of the roll.
See Panel A of the image
2. Next, have students decorate the cuffs to their liking, in a way that shows how they see themselves as superheroes.
See Panel B of the image
3. Once completed, punch two holes along each side of the cut end, such that there are four holes on each cuff.
See Panel C of the image
4. Students will then feed a string through holes that are across from each other along the slit and tie it in a bow. The string can be adjusted to fit appropriately on the student's arm. Either a friend or an adult can help the student with this step. The string does not have to be as intricately laced.
See Panel C of the image



[Picture Source](#)



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