

AGES 4+
1-5 PLAYERS

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SUPERKID IN TRAINING

★ ACTION-PACKED FUN FOR LITTLE HEROES! ★

Instructions and Parent Guide

SUPERKID IN-TRAINING

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Every child can become the hero of their imagination with this action-packed obstacle course. Each station builds super skills like strength, agility and even secret powers. Children will practice their super spin, super leap and shrink to their tiniest size.

The course can be completed by one child on their own, or with up to five friends – allowing heroes-in-training to build their skills of taking turns and kindness as they cheer on their fellow superkids.

SUPER COMPONENTS!

- SUPER CAPE
- SUPER MASK
- 2 WRISTBANDS
- 10 DOUBLE-SIDED SUPER ACTION CARDS
- 5 CARD STANDS
- LIGHTNING BOLT
- FOAM BALL
- TARGET

SETTING UP THE COURSE...

1. Decide if your course will be indoors or out. Make sure the area is free of obstacles.
2. Invite your child choose one card of each color: purple, blue, green, orange and yellow. Note that there is a different activity on each side of every card. Explain the selected activities to your child.
3. Review each card for the prop needed. If one is needed, it will appear on the card as shown in the examples below:
4. Place the cards in the five card stands.
5. Invite your child to create the course by placing each card with its stand and prop (when needed) in a circle with some distance between each station.
6. Have your child put on the cape. Your little hero is now ready to move from station to station completing the task on the card and increasing his or her super powers!



LET THE TRAINING BEGIN!

When all superkids have mastered the course, collect the stations. Create a new course simply by placing the same cards in new positions or by choosing new cards.

If playing with more than one child, take turns. One at a time, each child wears the cape and completes the course while the other heroes cheer him or her on!



BEFORE YOU BEGIN...

Read through the cards and evaluate them for your child's readiness. You know your child's abilities best. These activities were developed for typical preschool children, but we also know there is no such thing as a typical preschool child! To add more challenge, simply increase the size of your course. To make activities easier, use the following substitutes as a guide:

SUPER LEAP

If your child is not ready to jump over the card in the stand, lay the card flat on the floor.

SUPER ROLL

Choose if you want your child to roll end-over-end like a somersault or side-over-side like a log.

SUPER BALANCE

If balancing the target on his or her head is too difficult, let your child balance the target on their outstretched hand.

SUPER STRENGTH

Push-ups can be done with knees on the floor.