Dear Grown-ups,

In school, your child has been practicing teamwork, problem-solving, and other developmental skills—also known as his or her superpowers—with a free program featuring the PJ Masks characters. The PJ Masks show is about heroism and empowerment.

Continue the learning at home by reinforcing these superpowers with the fun activities below. Practice a new topic each week and have your own Superpower Hour!

### 10 Activities for Superpower Hour!

**My Feelings: Use your words**
When reading books, ask your child how he or she thinks the characters feel and why. How would your child feel if he or she was the character?

**Self-Control: Think before you act**
Play simple strategy games like checkers and tic-tac-toe to encourage your child to think before he or she takes his or her turn.

**Curiosity: Be curious, ask questions**
Take your child to the library to find books on a topic he or she is interested in and read them together.

**Perception: Be alert**
Play “I Spy” when you’re out doing errands to help your child become aware of his or her surroundings. Have your child help you find items in a grocery store.

**Listening: Be a good listener**
Go for a walk and identify all the sounds you hear. See if you can guess the source of each sound!

**Persistence: Try your best**
Create a fun storybook or building-block city together. Point out that some projects take time and sometimes you may have to go back and make changes.

**Friendship: Be a friend**
Write notes or create cards for friends. Talk about what good friends are like, emphasizing positive characteristics such as kindness and inclusiveness.

**Precision: Stay focused**
Create puzzles with pictures from old magazines or coloring books. Have your child cut out the pieces using kid-friendly scissors and then put the puzzles together.

**Memory: Put your thinking cap on!**
Read a story together. Have your child reread it to you using the pictures, or read it again and stop at various points so your child can say what happens next.

**Movement: Keep moving**
Select a designated dance time, such as before dinner. Play your favorite songs and make up a dance.

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**About PJ Masks**

PJ Masks is a show about heroism. As night falls, a trio of friends magically transform into the PJ Masks! Together, these three can tackle any situation and embark on action-packed adventures across the city. Learn more at [pjmasks.com/grown-ups](http://pjmasks.com/grown-ups) and check out the fun video content and episodes at [bit.ly/1SbR8DO](http://bit.ly/1SbR8DO).