Dear Teacher,

Welcome the new school year with a program that empowers your students to grow and develop social, emotional, and problem-solving skills with the PJ Masks characters from the hit preschool show. You can practice these skills—also known as superpowers—every week with the suggested activities in this guide. In addition to the superpowers, many of the activities also reinforce teamwork, vocabulary, and communication skills.

Superpower Hour!

**Goal:** Challenge students to practice everyday “superpowers” that will help them learn and grow.

**Time Needed:** 30 to 60 minutes per week

**Materials Needed:** Classroom poster on the back of this guide; activities on the following page

- **Read** the poster with your students.
- **Ask** students what each sentence means.
- **Explain** complex concepts. For example, explain that “Be alert” means to look at things carefully.
- **Choose** one area to focus on each week or invite your students to select the topic.
- **Use** the activities and discussion starters below to practice the associated skills.

“Make a Match!” Student Activity

**Goal:** Students will practice memory skills with a fun game that challenges them to recall and match illustrated cards.

**Time Needed:** 15 to 30 minutes (game play time can be extended)

**Materials Needed:** Copies of the “Make a Match!” Student Activity Sheet, crayons, kids’ scissors

- **Ask** students:
  - What things come in pairs? (shoes, socks, etc.)
  - What does it mean to “make a match”? (to find two items that are the same)
  - Can you find two items that are a match in this room? (windows, doors, chairs, books, etc.)
- **Distribute** the activity sheet and read the instructions to the class. Students will color matching images in the same color, and then cut them out.
- **Organize** students into pairs. Have pairs shuffle their cutout cards and place each one facedown on the table.
- **Explain** that they will take turns finding matching images. They flip over one card at a time and use their memory to recall where the matching picture is. They then flip that card. If a student finds a match, he or she keeps the cards and the next student goes.
- **Add a challenge** by grouping students into teams of three, four, or more and have them join their cards for an expanded version of the game.

For more resources, visit [scholastic.com/PJMaskssuperpowers](http://scholastic.com/PJMaskssuperpowers) and [pj_masks.com/grown-ups](http://pj_masks.com/grown-ups).
**1. Feelings: Use your words**

*Use simple line images* representing emotions like sadness, anger, happiness, or fear. Have students share examples of when they feel these emotions and what they can say to let others know how they feel. Students might role-play their reactions to practice using words.

**2. Self-Control: Think before you act**

Remind students it is important to think before we act so that we don’t get hurt or hurt others. For example, *take caution* in various situations, such as crossing a street, walking in a parking lot, walking in the school hallways, playing on the playground, etc.

**3. Curiosity: Be curious, ask questions**

*Play a guessing game.* Put a small object or picture in a “curiosity” box. Invite the kids to ask you “yes” or “no” questions to try to guess what’s in the box. When done, use the object to extend the learning. For example, if it is an object, ask where it was made, what it is made of, etc.

**4. Perception: Be alert**

*Play “A, B, C, What do we see?”* to reinforce visual cues and perception. Organize students into small teams and assign each group a letter. Each team will identify three to five things in the room that start with the letter and share the list with you. Each group will then present its letter and the other teams must guess what items they identified and put on their list.

**5. Listening: Be a good listener**

*Play a game of “Telephone”* to see how well students can listen and send a message. Line up students or have them sit in a circle. Say a silly sentence to the first student and have him or her whisper it to the next person and so on. Have the last student say the sentence aloud. Play multiple rounds, changing the students’ order.

**6. Persistence: Try your best**

To encourage students to support one another, they will work as a team to complete a simple obstacle course. *Create a three-part course* in which students hop a short distance, bounce a ball, walk sideways, jump rope, etc. As each student goes through the course, lead the others in a cheer to support their classmates!

**7. Friendship: Be a friend**

Emphasize communication with a role-playing game in which students *act out or describe what they would do to be a good friend* in various situations. For example, ask students what they could do or say if a friend is sad, sick, feeling left out, nervous about a sports game or recital, new to the school, etc. Emphasize the importance of compassion and inclusion.

**8. Precision: Stay focused**

Practice fine motor skills by having students create their own *sticker name sign*. Provide students with construction paper and markers and have them write their names on them. Then provide colorful circle stickers and instruct them to decorate their names by carefully placing stickers along each letter.

**9. Memory: Put your thinking cap on!**

*Practice patterns, sequencing, and memory skills* by having students work in teams to create patterns with blocks, crayons, playing cards, etc. Have the team look away as you remove parts of the sequence. Then challenge them to use their memories to rebuild it.

**10. Movement: Keep moving**

Practice gross motor skills and *get kids moving with a relay race*. Students might work in teams or as one group. Have one student at a time run, hop, bounce a ball, or balance a beanbag on his or her head for a short distance, and then tag the next student in. Everyone gets a turn!

---

**Family Connect:** Learn about the *PJ Masks* show and fun video content in the letter for grown-ups in this guide, and make copies of the letter for families to extend the learning, growing, and fun at home.