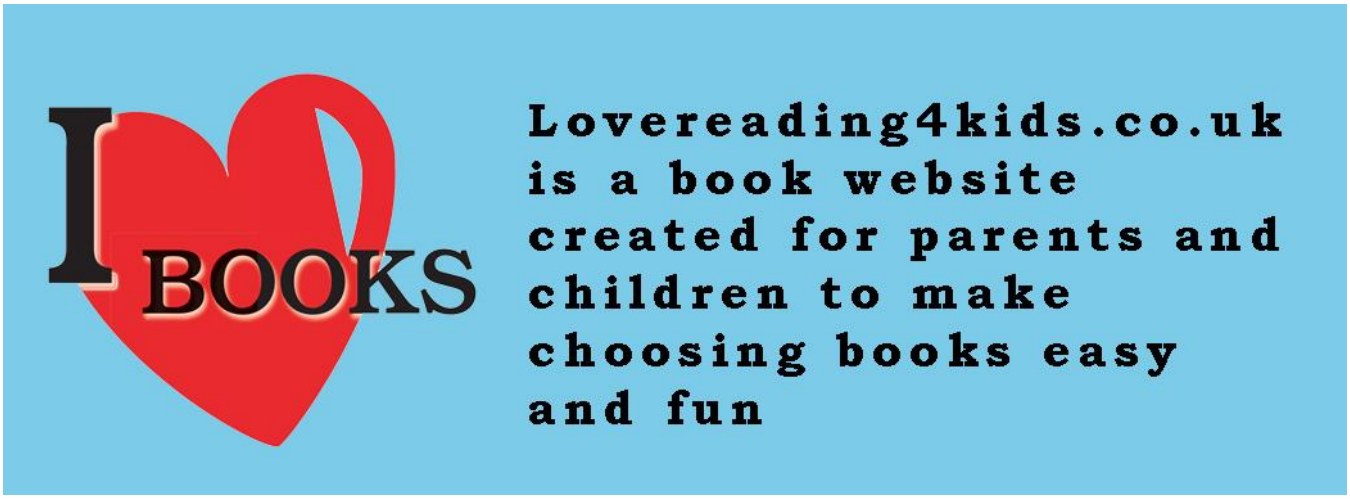


Opening extract from

The Superhero Handbook

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HOW TO BE A GOOD SUPERHERO

With the superhero role comes great responsibility, and there are certain key characteristics that you must have if you are to be a success.



BE ASSURED

A top superhero will stand tall and confident (without being arrogant). He or she will speak clearly and make good eye contact with each member of the public and any members of your superhero team. The key is for people to be at ease with you but also believe in you to get the job done.

BE YOURSELF

Even though, as a superhero, you have to keep your real identity secret, always stay true to yourself. Pretending to be someone you are not will begin to show after a while and people will soon lose trust in you.

BE POSITIVE

Try to be positive with anyone you have dealings with. Praise will help to keep people's spirits up, while negativity will quickly erode morale.



BE A PROBLEM SOLVER

The best superheroes are quick thinkers. They try to find solutions and not look for problems. They are intuitive and respond well to challenges, no matter how difficult.

BE COMMUNICATIVE

Keep everyone involved with clear and regular instructions. If communication is weak or non-existent, confusion can creep in and mistakes are made. Mistakes are costly in the world of the superhero.

BE LOYAL

The life of a superhero is dedicated to the survival of all humanity. Without you, civilisation would crumble under the threat of evil. True superheroes will put themselves second to the needs of the human race.

SUPER ACTIVITY

MAKE A UTILITY BELT

Having a utility belt makes it easier to carry super supplies around with you. Be ready at any moment with gadgets to help you fight crime and make life difficult for bad guys!





MATERIALS



BELT (ASK MUM OR DAD BEFORE USING ONE OF THEIRS!)



CARDBOARD TUBES (LIKE YOU FIND IN KITCHEN ROLL)



SMALL CARDBOARD BOXES (LIKE IN A CEREAL VARIETY PACK)



1 PIECE OF FLAT CARDBOARD



SCISSORS

STICKY TAPE



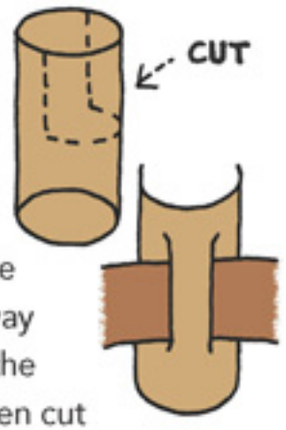


ALUMINIUM FOIL



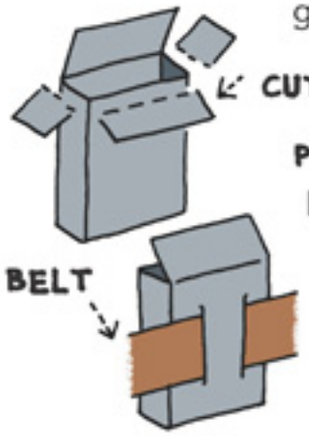
PAINT

INSTRUCTIONS



1. Make capsules, pockets and a buckle cover for your utility belt.

CAPSULE Cut the cardboard tubes to the size you want your capsules to be. Now cut partway down a tube from the top edge. Make a cut the same length on the other side of the tube, then cut across to the bottom of the first cut to remove a section of the tube. In the back of the tube, cut two vertical slits. Make sure the slits are long enough that your belt will fit through them. Cover the bottom of the tube with cardboard to seal it closed, or leave it open to use as a holster for a ray gun or other super gadget!



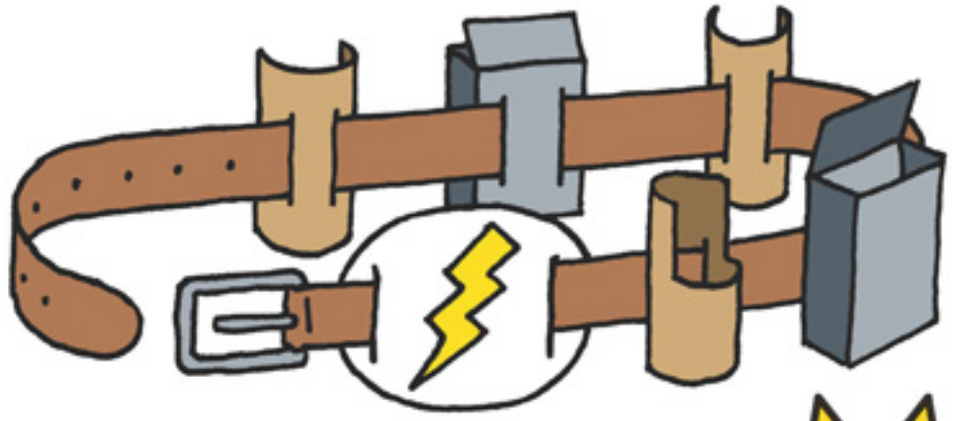
POCKET Take a small cardboard box. Leave the largest flap on the top of the box, and cut the other flaps off. On the back of the box, cut two vertical slits. Make sure the slits are long enough that your belt will fit through them.



BUCKLE COVER On a piece of flat cardboard draw an oval, square or any other shape you like, making sure your buckle cover is wider than your belt. Cut a slit near the left and right edges of your buckle cover. Make sure the slits are long enough that your belt and its buckle will fit through them.

2. Cover your capsules, pockets and buckle cover with aluminium foil, decorate them with your superhero symbol or paint them in your superhero colours! Leave them to dry.

3. Thread your belt through both slits in your buckle cover. Then slide your canisters and pockets onto your belt. Fasten the belt and slide your buckle cover around until it sits over the buckle on your belt. Now load up your utility belt with super supplies!



SUPERHERO SECRET

Since Ancient Greek and Roman times, soldiers have used belts to carry weapons and supplies, so they can keep their hands free. Belts also help transfer weight from your back or shoulders to your hips, letting your strong leg muscles take care of any heavy lifting. This also lowers your centre of gravity, helping to keep you stable while fighting bad guys on rough terrain!

TEST YOUR SUPER POWERS



Now that you have your superhero name, outfit, gadgets and other equipment, it's time to test your superpowers. Even in the superhero world, practice makes perfect!



Your superpowers can help you fight baddies and keep you safe. Others might make it easier for you to move around and investigate. Some of them are just plain fun to use!

Not all superpowers are designed for fighting – sometimes you won't want to engage a bad guy. You'll need to be able to keep a baddie busy while you save some civilians or make a quick getaway.

Think about which superpowers would be best for different situations, and practise to make sure you are ready for anything!





FIND YOUR SUPERHERO NAME

A superhero needs a super name. Nobody will take you seriously as a superpower without a cool name.

Imagine arriving at the scene of a crime and announcing yourself as Mop Man or Window Woman. It certainly won't strike fear into your enemy. Use the first letter of your first name and the first letter of your last name to find your superhero name!



FIRST NAME INITIAL	
A	Night
B	Agent
C	Silver
D	Fantastic
E	Aqua
F	Steel
G	Captain
H	Silent
I	Phantom
J	Space
K	Gold
L	Magnificent
M	Invisible
N	Scarlet
O	Fire
P	Galactic
Q	Star
R	Professor
S	Time
T	Mind
U	Super
V	Thunder
W	Doctor
X	Swamp
Y	Green
Z	Shadow

LAST NAME INITIAL	
A	Hawk
B	Cape
C	Wonder
D	Streak
E	Blaze
F	Guardian
G	Striker
H	Skull
I	Hunter
J	Arrow
K	Mask
L	Knight
M	Boy/Girl
N	Ghost
O	Shield
P	Bolt
Q	Hammer
R	Raven
S	Light
T	Fist
U	Blade
V	Crusader
W	Hope
X	Titan
Y	Justice
Z	Thing

MY SUPERHERO NAME IS

DESIGN YOUR SUPERHERO SYMBOL

Your superhero symbol should make you instantly recognisable. It needs to adorn everything related to you, from your costume to your call sign, from your secret hideout to your superhero gadgets.

EXPRESS YOURSELF

It is essential that your symbol captures exactly what your superhero identity is about. For example, if your identity is related to an animal, such as a cat, then model your design on the physical features of that animal – a cat's paw or ears, for example. If your identity is related to a natural force, such as a storm, then chose an appropriate representation – a lightning bolt, for instance.

CHOOSE COLOURS CAREFULLY

Keep colours in your symbol consistent. Don't have too many – try sticking to one or two bold colours. The colours in your symbol will need to work closely with the design of your superhero outfit.

KEEP LETTERING SIMPLE

Try not to overdo the wording on your symbol – you want something short, snappy and catchy. Better yet, use just one letter from your superhero name.

USE THIS SPACE TO DESIGN YOUR VERY OWN SUPERHERO SYMBOL



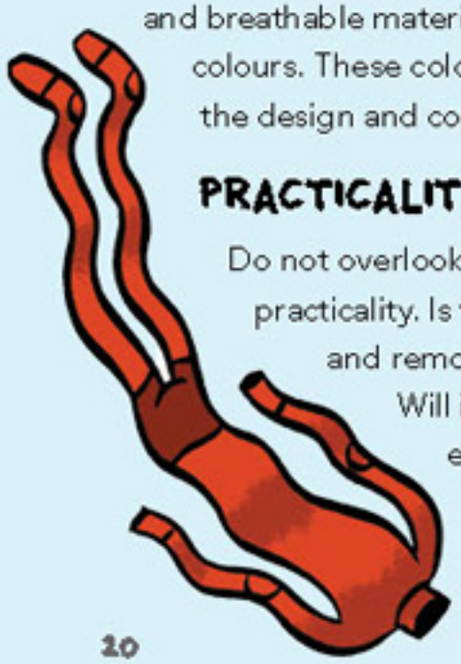
CHOOSE YOUR SUPERHERO OUTFIT



Your superhero outfit is one of the key elements in completing your superhero image and must tie in nicely with your name and symbol if it is to be a success.

STYLE AND COLOUR

As a superhero you need to look good. After all, arriving at the scene of a crime in a bin bag won't cut it. From a style perspective, it is best to keep your outfit simple – a popular choice amongst superheroes is a jumpsuit or bodysuit made from a light and breathable material. Next, choose two bold colours. These colours should mirror or enhance the design and colours used in your symbol.





PRACTICALITIES

Do not overlook the element of practicality. Is the suit easy to put on and remove in an emergency? Will it wash and dry easily after every use? And – probably the greatest test of a superhero outfit – can you get in and out of it in a phone box without anyone knowing who you really are?

PROTECTING YOUR IDENTITY

The most important part of your outfit is covering your face to keep your true identity secret. There are a wide variety of options, from masks and cowls to glasses and other facial accessories. Whatever you choose, make sure it matches your overall design. Try a few different things before deciding which one best suits your image.



THE ADD-ONS

Once you have decided on the main aspects of your outfit, you may believe that you are finished. But superhero accessories are a serious business. Utility belt or no utility belt? Cape or no cape? Do you incorporate night vision or not?



