

Language, Cognitive & Affective Development

- **Welcome Song & Gathering**

Hello, Hello! Can You Clap Your Hands?

“Hello, hello! (wave one hand, then the other), Can you clap your hands? (clap) Hello, hello!

Can you clap your hands? (clap) Can you stretch up high? (stretch towards the ceiling)

Can you touch your toes? (bend down and touch your toes) Can you turn around? (turn around) Can you say “hello”? (wave, then say hello) Can you stomp your feet? (stomp your feet) Hello, hello!”

Social, Physical & Attention Development

- **Purposeful Play Stations** - Promote opportunities for proactive language & social communication skills, promote gross and fine motor play to increase balance, strength, independence and participation. Parents should move through the stations with the child, have volunteers modify as needed.

Literacy Station- Super Hero Name!

WHAT'S YOUR SUPERHERO NAME?

USE THE FIRST LETTER OF YOUR FIRST NAME

A - Super	J - Stupendous	S - Iron
B - Red	K - Blue	T - Gold
C - Wonder	L - Plutonium	U - Inspector
D - The	M - Doctor	V - Moon
E - Agent	N - Strong	W - Admiral
F - Green	O - Mighty	X - Star
G - Captain	P - Brave	Y - Water
H - Fantastic	Q - General	Z - Incredible
I - Blazing	R - Atomic	

USE THE FIRST LETTER OF YOUR LAST NAME

A - Racer	J - Tree	S - Fist
B - Fire	K - Bolt	T - Lion
C - Sword	L - Rock	U - Eagle
D - Shield	M - Talon	V - Rhino
E - Wave	N - King/Queen	W - Ranger
F - Burst	O - Warrior	X - Mind
G - Robot	P - Knight	Y - Shark
H - Giant	Q - Falcon	Z - Tiger
I - Bear	R - Qigatron	

Fine Motor Station- Super Hero Cuffs

- **Supplies**
 - 2 Toilet Paper Rolls
 - Scissors
 - Construction paper, crayons, markers, glue, glitter, decorations
- First carefully cut down the length of your toilet paper tubes
- Now decorate your cuffs! Make them your own! Use your favorite color! Think about what your superhero power would be. What would that look like?

Sensory Motor Station- [Super Hero Slime](#)

- **Supplies**
 - 1 cup of Elmer's PVA Glue
 - A squirt of hand lotion (anything you have at home)
 - Food Color
 - Saline Solution
 - 1 tsp of baking soda
 - Mixing Bowls
 - Disposable Spoons
 - Plastic bags
 - Marker
- **Instructions**
 - Mix glue, food coloring and lotion. Add baking soda and mix. Add the saline solution a little at a time until it starts pulling away from the sides of the bowl. Knead by hand and add saline solution as needed.
- **Purposeful Progressions**
 - Use a spoon to mix, Caregivers mix, use hands to mix
 - Participants measure ingredients and add to bowls

Gross Motor Station- Super Hero Cuffs

- **Supplies**
 - Notecards
 - Room to move!
- First write your favorite super hero on 6-10 cards
- On the back of each card think about what movement that superhero would do! Hulk punches, Captain America Kicks, Wonder Woman Runs, etc. Get creative!
- Next write out the same amount of cards with random numbers on the back (keep it between 1-15)
- Now pick one super hero and one number card. Do the exercise the number of times it says on the card!

Fine Motor Station- Super hero YOU!

- **Supplies**
 - Picture of yourself
 - Construction paper, crayons, markers, glue, glitter, decorations
- First carefully cut out your face on your picture.
- Glue to a piece of construction paper
- Now add your super hero outfit using construction paper, crayons, markers, glitter, pom poms, whatever fits you!
- **Purposeful Progressions**
 - Participants follow written and verbal instructions
 - Caregiver offers support for cutting, verbal instruction, hand over hand
 - Participants use thicker lined solids graduating to dotted lines to no lines



- **Clean-Up Station**

- All participants work together to clean-up stations and prepare for the snack/meal.

Good-bye

Bring participants to seat markers, thank participants and volunteers. Celebrate successes and remind of upcoming programs, activities and events.

- **See You Later Alligator**

See you later, alligator. (Look through your hands as if they were binoculars, and then point out. Alligator gesture.)

After a while, crocodile. (Open the alligator mouth slowly and then snap it shut when you say crocodile.)

Bye bye butterfly. (Wave your hands. Butterfly gesture)

See you again next time. (Look through your hands as if they were binoculars, and then point out.)

See you later, alligator. After a while crocodile.

Bye bye butterfly.

See you again next time See you again next time. (Look through your hands as if they were binoculars, and then point out. Raise your hands in the air!)?

- **BONUS: Sensory Station- [WHAT A “SUPER” CRAFTIVITY](#)**
 - **Supplies**
 - Paint (Red, Blue, Black, White, Yellow, Purple, Green)
 - Markers
 - Colored Construction Paper (various colors)
 - White Cardstock
 - Googly Eyes
 - Paint brushes
 - **Instructions**
 - Paint parts of participants’ hands to look like superhero costumes and colors.
 - Press hand down firmly onto white cardstock to transfer paint to paper.
 - Add embellishments (like google eyes).
 - **Purposeful Progressions**
 - Use fingers, paint brush to paint on hand
 - Have caregiver paint on participants hand

- **BONUS: Fine Motor Station- Super Hero Lacing Cards**
 - **Supplies**
 - Super hero Lacing Cards
 - Yarn
 - Shoe strings
 - Chenille Stems
 - Tape
 - **Instructions**
 - Participants use their choice of lacing material and weave in and out of the holes
 - **Purposeful Progressions**
 - Caregiver offers help when needed to direct participant
 - Holes can be numbered to show sequence

- **BONUS: Cognitive Motor Station- [Super Hero Bingo](#)**
 - **Supplies**
 - Super Hero Bingo Cards
 - Super Hero Bingo Caller Cards
 - Super Hero Fruit snacks/Markers
 - **Instructions**
 - Each participant gets a bingo card and fruit snacks/markers
 - Caller announces photo and shows to participants
 - Participants place fruit snack/marker over spot
 - First person to say Bingo and is verified wins
 - **Purposeful Progressions**
 - Have self-advocates be the bingo caller
 - Caregivers assist participants on their Bingo Cards

- **BONUS: Cognitive & Fine Motor Station- Super Hero Cutting**



Down Syndrome Achievement Centers
educate. inspire. believe.

Destination Discovery Purposeful Programming Lesson Plan Super Hero

- **Supplies**
 - Super Hero thick Cutting Lines
 - Super Hero dotted Cutting Lines
 - Super Hero Cutting Shapes
 - Scissors
 - Writing utensils
- **Instructions**
 - Participants cut along the lines to the best of their ability
 - Participants write their name on each sheet or object they cut
 - Participants follow the instructions on each sheet
- **BONUS: Gross Motor Station- [Super Hero Hop](#)**
 - **Supplies**
 - Super Hero Spots
 - Music
 - CD
 - **Instructions**
 - Lay the super spots with movement words out on the floor. Have the same amount of super spots as you do participants on the floor.
 - Turn on the music. Movement and music go hand in hand!
 - Once the music is going, let the participants hop or walk between the super spots
 - When the music stops have the participants perform the action written on their super spot.
 - Start the music again and play resumes.
 - **Purposeful Progressions**
 - This can easily be modified to a musical chairs like game. Have one less super spot than students playing. When the music stops the student who is not on the spot is out.