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## Activities

Up, Up and Away!

Up, up and away! Put your hands way up high (raise arms up in air) Like Superkid flying across the sky (assume flying position) Fly to the left, now fly to the right (lean to your left, then right) Now show me your muscles with all your might (make arm muscles) Now Superkid's putting his suit away (bring arms down slowly) So he can go flying another day! (rest hands in lap)

## Superheroes Save the Day!

## Stories

Mighty Max! By Harriet Ziefert

Superfab Saves the Day by Jean Leroy

Timothy and the Strong Pajamas by Viviane Schwarz

Ten Rules of Being a Superhero!

by Deb Pilutti



## **Early Literacy Tip**

Helping your child put words to feelings develops vocabulary in a meaningful way. You can talk not only about your child's feelings but about yours as well.

Children can understand the words long before they can say them.



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