

Super Kids Super Heroes Be a Hero! Find a Hero!

Warm-up and Introduction: Super Kids! Super Heroes!

TRICK: Super Bunny Handkerchief through microphone stand

Super Heroes are really fun to read about and watch on TV! Everybody likes to see a Super Hero fight for the underdog. We love to see good triumph over evil. Although comic book Super Heroes and Super Heroes we watch in the movies seem to have super powers and cool costumes, I think all of us know that these characters are just pretend. They aren't real. This show today is all about teaching all of us about how we can be real life Super Kids and Super Heroes to others. I am going to do some tricks today as I teach you about how to be a real life Hero. I want you to know that I don't have any super powers. I am just your average guy who learned some tricks.

TRICK: Tray of Terror with the Dog Leash of Danger

TRICK: Super Chicken Routine to Dove

As I got older I learned that being a HERO is not really about silly costumes or super human powers, it's about what's inside. We can all learn to be HEROES and it is good to find real life HEROES.

POEM: Super Kids Super Heroes by Steve Harmer:

HELP out another person, and do good deeds today.
ENCOURAGE someone else, with the words that you say.
RESPECT is all about, good thoughts in your mind.
OTHERS will look up to you! Be the HERO that they find!

And seek a HERO for yourself, someone who helps YOU out.
This person builds YOU up with words, of this there is no doubt.
A person YOU look up to, who shows respect towards YOU.
Your HERO is a treasure, whose strength will see you through!

HERO QUOTES:

*A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles. *Christopher Reeve*

*A hero is someone who has given his or her life to something bigger than oneself. *Joseph Campbell*

"H" - Handkerchief: HELP (Heroes HELP others - ACTION

Real life Heroes choose to help others. You become a Hero by getting involved and doing good deeds to make this world a better place. The more you do acts of kindness and help others the more quickly you will become a Hero. Mother Teresa said that "We are not all called to do great things but we are called to do small things with great love." That is how we become Heroes!

TRICK: Everyday Heroes Routine

You have heroes all around you: maybe your Mom, your coach, your Grandpa, your teacher, your big sister

TRICK: Human Xylophone Routine

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"E" - Handkerchief: ENCOURAGE (Heroes ENCOURAGE others - WORDS!)

Real life Heroes choose to encourage others. This means they use words, lots of words to build people up and give them courage. The more positive and kind words you pour into others, the more you become a Hero. We all need to hear words of encouragement everyday!

TRICK: Ups & Downs Box

Barbara Coloroso says the children need to hear these **6 Critical life Messages** many times a day:

I believe in you! I trust you! I know you can handle it!
You are listened to! You are cared for! You are very important to me!

"R" - Handkerchief: RESPECT (Heroes RESPECT others - THOUGHTS!)

Real life Heroes choose to show respect towards others. This has to do with how you think about others. When you think the best about others with gratefulness, grace, consideration and kindness you can become a hero.

STORY: 7 Wonders of the World

TRICK: 10 Gift Balance

"O" - Handkerchief: OTHERS (Heroes put OTHERS first - UNSELFISH!)

Real life Heroes choose to focus on others and putting others first. Heroes care so much that they are willing to sacrifice their own time, treasure and talent to serve others. Heroes CARE about others.

STORY: No Charge for Love Story

HERO or ZERO? - You get to choose!

I have great news for you! You get to choose if you want to be a HERO and do the things I have suggested. You can also choose to do ZERO or nothing. You can choose to find a real life HERO for yourself or choose to do nothing. It is up to you.

TRICK: Super Bunny Trick

CHANT: Heroes HELP Others! Heroes ENCOURAGE Others! Heroes RESPECT Others!

CONCLUSION: (HEROES - Help Encourage Respect Others)

It is really that simple. Choose to Help Encourage and Respect Others and you will be a HERO and when you know someone who Helps Encourages and Respects you, you have found a HERO!

TRICK: HERO BOX to Costume

TRICK: Super Bunny Appearance