

“Brilliant! Dayna has masterfully created a unique guide to navigating life with kids that will end the battles and arguments once and for all.”
 —Amy McCready, founder of Positive Parenting Solutions, author of *The “Me, Me, Me” Epidemic*

“Pure genius! Superkids will feel more than empowered after reading this book, and will find themselves succeeding at times when they used to feel stressed.”
 —Sheila McCraith, founder of The Orange Rhino, author of *Yell Less, Love More*

“Finally, a path to understanding instead of arguing! Using humor, creativity and respect, Dayna empowers kids to be capable, problem-solving superkids.”
 —Alissa Marquess, founder of Bounceback Parenting® and the Parenting Secret Mission Society

“The *Superkids Activity Guide* embraces the unique challenges faced by today’s kids in a positive way. These fun activities will make each day go more smoothly.”
 —Vanessa Levin, early childhood specialist and founder of Pre-K Pages

STAY CALM, BE HAPPY AND MAKE EVERY DAY AMAZING!

Hey, superkids. Yes, that’s YOU! This book you hold in your hands is really unique, just like you are.

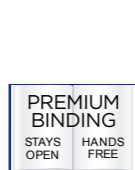
It has tons of new and awesome kids activities, crafts, games and projects you’ve never seen before. But get this . . . At the same time you’re playing and making things, you will be activating superpowers that you didn’t even know you had—the kind of superpowers that will help you calm down when you’re feeling upset, get to school on time, get a razor-sharp memory, power through schoolwork with super-focus skills, and fight villains in your mind like sadness and anger.

Here’s a secret: You’ll even learn how to teach adults cool scientific words and ideas that will help them understand how you feel and why you do the things you do.

Best of all, you’ll have a ton of fun making cool things like an Anti-Time Warp Timer, a Mesmerizing LEGO® Maze, a Stuffed Animal Crash Pad and even your own Upcycled Superkids Cape and Mask. Race to the Finish Dinnertime Gameboard makes dinnertime fun for everyone and helps you discover tasty new foods. With Seated Silly Busters, even the wiggliest kid can wiggle *and* get their work done! Learn to make homemade Calming Slime, then squish it, squish it, smell its calming scent and your biggest worries will fade away.

The colorful tools in this book will show you how to conquer your day like a rock star, every day!

Dayna Abraham is a mom, teacher and writer, but before all that she was a misunderstood superkid herself. She’s written *The Superkids Activity Guide to Conquering Every Day* so superkids and parents can learn to understand each other and get along better. She is the founder of the website *Lemon Lime Adventures*, and she’s a co-author of *STEAM Kids*, *Sensory Processing 101* and *The Unofficial Guide to Learning with LEGO®*. Before she was a writer, she was an award-winning National Board Certified teacher. She lives outside Chicago, Illinois.



JUVENILE NONFICTION/Activity Books \$19.99 US

ISBN 978-1-62414-415-8 51999>



9 781624 144158

THE SUPERKIDS ACTIVITY GUIDE TO CONQUERING EVERY DAY

DAYNA ABRAHAM



THE SUPERKIDS ACTIVITY GUIDE TO CONQUERING EVERY DAY

Awesome Games and Crafts to Master Your Moods, Boost Focus, Hack Mealtimes and Help Grown-Ups Understand Why You Do the Things You Do



DAYNA ABRAHAM

Award-Winning Educator and Founder of Lemon Lime Adventures



⚡ THE ⚡
SUPERKIDS
ACTIVITY GUIDE
TO CONQUERING EVERY DAY

**Awesome Games and Crafts to Master Your Moods, Boost Focus, Hack Mealtimes
and Help Grown-Ups Understand Why You Do the Things You Do**

DAYNA ABRAHAM

Award-Winning Educator and Founder of Lemon Lime Adventures

93AQ
PAGE STREET
PUBLISHING CO.

To my own superkids—Legoman, Bones and Super B, who drive me to be the best grown-up sidekick I can be. Here's to many more years of honing your superpowers and conquering the world!



Copyright © 2017 Dayna Abraham

First published in 2017 by

Page Street Publishing Co.

27 Congress Street, Suite 105

Salem, MA 01970

www.pagestreetpublishing.com

All rights reserved. No part of this book may be reproduced or used, in any form or by any means, electronic or mechanical, without prior permission in writing from the publisher.

Distributed by Macmillan, sales in Canada by The Canadian Manda Group.

21 20 19 18 17 1 2 3 4 5

ISBN-13: 978-1-62414-415-8

ISBN-10: 1-62414-415-2

Library of Congress Control Number: 2017932263

Cover and book design by Page Street Publishing Co.

Photography by Dayna Abraham, except pages 62 and 178 by Jennifer Tammy

Template designs by Brittany Mays

Printed and bound in China



As a member of 1% for the Planet, Page Street Publishing protects our planet by donating to nonprofits like The Trustees, which focuses on local land conservation. Learn more at onepercentfortheplanet.org.

TABLE OF CONTENTS

The Superkids Manifesto ... 7

Introduction ... 8

How to Use This Book ... 10

ROCKIN' MORNING ROUTINES

To Start Your Day in an Awesome Mood ... 14

MAGICAL MEALTIME SOLUTIONS

Even Picky Eaters Will Love ... 42

WHIZZ-BANG WAITING HACKS

For Smooth and Easy Transitions ... 64

STELLAR LEARNING SECRETS

To Make You a Rock-Star Learner ... 90

INCREDIBLE PLAY IDEAS

That Boost Independence and Friendship ... 124

MAXIN' AND RELAXIN' NIGHTTIME RITUALS

For a Perfect End to Your Day ... 156

Awesome Resources to Be Even More Awesome ... 180

Superkids Templates ... 184

Acknowledgments ... 201

About the Author ... 203

Index ... 204



THE SUPERKIDS MANIFESTO

We are *unique*. We embrace our differences and let them shine.

We are *adventurous*. We take risks and push ourselves to try the impossible.

We are *spirited*. We use our emotions and energy to change the world.

We are *creative*. We are constantly inventing, creating and dreaming of the unknown.

We are *fierce*. We are tough and take a stand for what we believe in.

We are superkids.

We aren't picky, anxious, difficult, messy or strong-willed. We are misunderstood.

From this day forward, we will be known as superkids. This is our guide to conquering every day and helping the grown-ups in our lives understand why we do the things we do!

INTRODUCTION

Hey Superkid,

Yeah, I'm talking to you. Don't look over your shoulder and try to find the "superkid" I am talking about. It's not your neighbor, your older brother or even your best friend. Nope, I am talking to you! Go ahead and say it, so you believe it: "I am a SUPERKID."

There, didn't that feel good? Go ahead and say it one more time, just to make sure it sinks in: "I am a SUPERKID."

Before you start to think of all the reasons you can't possibly be a superkid, I want to stop you. You see, even the most famous rock stars have doubt and don't believe in themselves every day. This doesn't mean they are any less super. And even superheroes have struggles and pitfalls. That doesn't make them any less super, either. The truth is, despite your struggles, your mistakes or your bad days . . . you are a superkid! The Superkids Manifesto is yours. I want you to own it.

You are *unique*.

You are *adventurous*.

You are *spirited*.

You are *creative*.

You are *fierce*.

You are a **SUPERKID**.

You are going to conquer the world and I am going to help you every step of the way, starting with this book.

Now that you know I'm talking to you and you believe you are a superkid, let's get a few more things straight. Do you have a minute? I know you are super busy and have even thought about skipping over this page to get to the bright colorful activities, but I promise you, you will want to hear what I have to say!

In this book, I am going to teach you to embrace who you are and challenge you to stretch yourself in new ways.

I will teach you to:

- ✦ Recognize your likes and dislikes, understand all eight of your super senses and hone your **UNIQUE** set of strengths and struggles.
- ✦ Challenge your **ADVENTUROUS** nature through tools that encourage flexible thinking, games that push you to try new things and strategies that will break down the barriers that hold you back.
- ✦ Help your grown-ups harness all your energy, encourage positive thinking and master your **SPIRITED** moods through fun activities.
- ✦ Fine-tune your organizational skills, develop systems to boost your memory and create hacks to keep you focused and on task while preserving your **CREATIVE** brain.
- ✦ Tame your **FIERCE** side enough to take a stand in a respectful way, become an expert on how you process information and be a champion for yourself.

I know the world sees you as picky, anxious, difficult, messy or even strong-willed. Don't believe those labels. You are just right.

Now, it's time to dig deep, learn how you tick (why you do the things you do) and show the world the **SUPERKID** you already are! In fact, in this book, I am going to teach you how to flip the world's language and the way it sees you by giving you a peek into the brains of the grown-ups that love you and the science behind your behaviors.

Are you ready to own the title "SUPERKID"? Great! Now, copy that manifesto and make it yours. Put it on your wall, put it in your room or put it on your refrigerator. Wherever you put it, remember it. Say it every day. Believe it.

"I AM A SUPERKID."

I can't wait to help you unleash the superpowers you already have. You know you are a superkid. I know you are a superkid. Now, let's show the world you are a superkid. Together, we are going to conquer the world one day at a time. Are you with me?

Your superpowered friend,



HOW TO USE THIS BOOK

Before you jump into the rest of the book, I want to set the stage for you so you can get the absolute most out of every dollar you (or your grown-up) spent on this book. While this is the boring nitty-gritty stuff we have to go over, I promise I won't bore you too much. In fact, I might even make you crack a smile. One thing I promise, by the end of all these extra words, you will know exactly how to use this book as you go forward to conquer the world one day at a time.

Inside you will find 75 projects to help you be your best self, harness your rock-star attitude and boost your inner superpowers. These projects are broken down into six easy-to-digest chapters by the time of day they will be the most useful for you: mornings, mealtime, wait times, learning, playtime and nighttime.

As an example, let's say your biggest struggle comes in the mornings when you just can't seem to get yourself together to get out the door, and it seems all your adults can do is nag, nag, nag. This is the chapter you've been waiting for your whole life. Or maybe you are a very particular eater and almost dread mealtimes with other people because you know someone is going to say something about what and how you eat. Flip to the mealtime hacks and find some solutions to revolutionize your day and flip those "quit being so picky" jabs into something a little more positive.

Whatever your struggle is throughout your day, I've got you covered. By the end of this book, the world will discover you are a super listener, a super son/daughter, a super student, a super friend and most of all . . . a super YOU!

The Stuff

As you flip through this book to find a tool that is perfect for you, you might begin to notice that many of the projects need "stuff." As kids, I know it can be hard to find the perfect material or item to make something out of an activity book, so I've tried really hard to make sure the stuff is easy to find or super inexpensive (if you have to buy it). My favorite places to gather materials are the recycling bin, my old junk drawers, the kitchen cabinets and the craft drawer. On the rare occasion you need to buy something, check out the dollar store or thrift stores before heading to your local grocery or craft store. Almost every item needed for this book can be found in one of those places.

One of the most important things to remember is that many of these materials are starting points to spark your imagination. So, don't worry if you don't have all the stuff to make a tool you really can't wait to make. Get creative and invent a new way to make your tool.

Made Just for You

Do activities add more stress than help because they seem too hard or have too many steps? Are you already dreading some of the projects because you feel you don't have what it takes to make it look just right? Let me tell you a little secret: I'm not a fancy-shmancy crafty person either. I can't sew, I can't cut a straight line to save my life and I can't even work on a project for a long period of time without getting distracted. Does that sound familiar? You see, I made each and every one of these projects with you in mind.

Many of these activities don't even require any materials at all, like the restaurant games or the seated exercises. All you need is your body. In addition, I've made every project no-sew, no-cook and no-fail. That's right, you can't fail. In fact, I even tested the projects on my own three kids before sharing them with you, and I can assure you, you will be successful at these projects!

Super Senses

Are you sitting down right now? Good, because I need to tell you something really important that might rock everything you thought you knew about your senses. Let's start with a little quiz. How many senses do you have? Did you guess five? In a way, you are right, but not completely. Sight, hearing, touch, taste and smell are the ones you've probably already been taught in school. However, those aren't your only senses.

In fact, you have many, many senses that your body uses every single day. For the purpose of this book, we are going to talk about your eight super senses and how they directly connect to your success on a day-to-day basis:

- ⚡ Visual (say: vizh-oo-uhl) sense of **sight**
- ⚡ Olfactory (say: ol-fak-tuh-ree) sense of **smell**
- ⚡ Auditory (say: aw-di-tawr-ee) sense of **hearing**
- ⚡ Gustatory (say: guhs-tuh-tawr-ee) sense of **taste**
- ⚡ Tactile (say: tak-til) sense of **touch**
- ⚡ Proprioceptive (say: proh-pree-uh-sep-tiv) sense of **body awareness**
- ⚡ Vestibular (say: ve-stib-yuh-ler) sense of **movement**
- ⚡ Interoceptive (say: in-ter-oh-sep-tiv) sense of **internal cues**

Don't worry about memorizing these right now. We will talk a lot more about them throughout the whole book. In fact, every activity highlights the super senses you use, so you can support your senses and fine-tune your sensory preferences.

The "Just Right" Energy Scale

Have you ever noticed that some days you feel like you could conquer the world, running from activity to activity, jumping out of your seat or even doing somersaults in the living room? Your energy seems to be bursting from your fingertips. Other times, you feel like the weight of the world is literally on your shoulders. No matter how hard you try, you can barely keep your head up, let alone get through an entire activity without leaning on the wall. This isn't your imagination playing tricks on you. The truth is, your body, brain and sensory systems are constantly changing speed.

When your body is low, you might be tired or lethargic. You might slouch, drag your feet or even be too tired to pick up a pencil. Your motivation to work is low, and your desire to conquer the world is at its lowest.

When your body is high, you might be busy or fast. You might have difficulty paying attention or sitting still, get easily agitated or have trouble listening to instructions. Your motivation to work is bypassed because you are too busy to stop and think.

However, we want our bodies to run just right. When our bodies are just right, we can attend to instructions, learn new information, wait patiently and keep our hands to ourselves. In other words, you can be a super you!

In this book, every activity has an energy scale you can use to help you reach the "just right" speed. If you are feeling like the Flash and can't sit still, look for activities lower on the energy scale to slow you down—one to three lightning bolts. On the other hand, if you are feeling more like you've been caught in your villain's webs and can't think straight, turn to activities higher on the energy scale to give you the boost you need to conquer your day—four to seven lightning bolts. On page 180 near the index, you will find a handy-dandy reference guide of all the activities in the book sorted by energy level so you can find the activity you need at the perfect moment.

Boost Your Superpowers

Up until now, you might have thought superpowers only occurred in comic books, the movies or your favorite video games. This couldn't be further from the truth. You, my friend, are full of superpowers you don't even realize you have. My job, through this book, is to help you realize these skills and fine-tune them so you can feel successful every single day from the moment you wake up until the time you close your eyes at night. That's why each of the activities in this book is specifically designed to strengthen and hone the skills that will help you conquer each day.

Each activity has a list of skills you can boost, but you can also use the index in the back of the book to help you find activities that will help you improve a superpower you are struggling with. For example, if you struggle with focus, simply turn to the index, look up which tools and activities you can use to help with focus, pick something that sounds amazing and get to work fine-tuning your focus. Your adults won't know what got into you. I am putting the key in your hands. Now you can unlock your true potential and rock every single day!

By the end of this book you will be a rock star with the ability to fine-tune all of your inner superpowers.

Skills to help you recognize your likes and dislikes, understand all eight of your super senses and hone your **UNIQUE** set of strengths and struggles:

- ⚡ Self-regulation
- ⚡ Self-calming
- ⚡ Self-care
- ⚡ Self-awareness

Skills to challenge your **ADVENTUROUS** nature, encourage flexible thinking, push you to try new things and break down the barriers that hold you back:

- ⚡ Strength
- ⚡ Balance
- ⚡ Flexible thinking
- ⚡ Hand strength (fine motor)
- ⚡ Risk taking
- ⚡ Decision making
- ⚡ Motor planning
- ⚡ Coordination

Skills to help your grown-ups harness all of your energy, encourage positive thinking and master your **SPIRITED** moods:

- ⚡ Emotional regulation
- ⚡ Impulse control
- ⚡ Focus
- ⚡ Concentration
- ⚡ Alertness
- ⚡ Emotional awareness

Skills to improve your organization, boost your memory and keep you focused and on task while preserving your **CREATIVE** brain:

- ⚡ Independence
- ⚡ Communication
- ⚡ Following directions
- ⚡ Patience
- ⚡ Teamwork
- ⚡ Self-confidence

Skills to tame your **FIERCE** side enough to take a stand in a respectful way, become an expert on how you process information and be a champion for yourself:

- ⚡ Time management
- ⚡ Organization
- ⚡ Self-monitoring
- ⚡ Attention to detail
- ⚡ Planning and prioritizing
- ⚡ Working memory
- ⚡ Creativity

Train Your Adult

Look, I know what it is like to grow up in a world of big people misunderstanding you. I was just like you when I was growing up. In fact, when I was little, I used to get in trouble for talking when the teacher was talking, and even to this day, you can find me sitting behind a very messy desk that drives my mom bonkers. Now that I am an adult, I know what it's like to be on both sides of the fence. Sometimes I stare at my son and wonder, "What in the world are you doing?" Then I remember exactly what I was like when I was his age and all of the awesome science I've learned about the way his brain and body work, and suddenly I understand exactly what he is doing.

In this book, I've taken my experience as a superkid just like you and my knowledge as a grown-up and meshed them together to help you bridge the gap between being misunderstood to teaming up with the grown-ups who love you. Each activity comes with a quick guide to flip your adult's thinking and respectfully stand up for yourself and your superkid needs. I promise you, your grown-up wants to see you conquer every day just as much as you want to conquer it. Now, you have the tools to help your grown-up help you!

Are you ready to conquer your day? If so, turn the page and let's find your next adventure.



ANTI-TIME WARP TIMERS

Do you feel like you never have enough time? Or do you get in trouble for not using your time wisely? Have no fear! Not only is this handy timer super fun to make, but it is also exactly what every superhero needs to keep on track to avoid getting sucked into a time warp. Turn this bad boy over and watch the seconds move along as you knock things off your to-do list faster than a speeding bullet.

How to Make Ahead

Start by removing the labels and lids from your plastic bottles and setting the bottles to the side for later. Use superglue to attach the lids to each other and let them dry overnight before covering the outside of the lids with duct tape.

With the help of your adult, cut 2 holes the same size as your straws in the middle of your lids and slide the straws through the holes.

Your straws should be placed so that there is one straw sticking out on each side of the lid. The opposite side of the straw should only be as long as the lid. Add silicone or waterproof glue around the straws and let them sit overnight to dry.

Now you are ready to fill one bottle with water and a few drops of food coloring all the way to the top. Put your new straw lid on top of your bottle and set to the side.

Fill your second bottle with baby oil to the top. Over a sink, gently tip the two bottles together and screw the lids on tight.

How to Use This Tool

Have you ever seen those super mesmerizing oil timers where the drops of color slowly drip through ramps and wheels? This tool is a homemade version that all your friends will want! As you turn the bottles over, the colored liquid will magically swap places with clear oil in the bottom through the tiny straws. After you have your timer just perfect, flip it over for its first magic countdown and time how long it takes for the liquids to swap places (this will be different depending on the size of the bottles you use).

The next time your grown-ups tell you to hurry up and get moving in the morning, flip over your timer and race against the clock. Can you get dressed before the timer is up? This timer also comes in super handy when you feel frustrated or upset. Simply watch as the time passes and reset your brain so you can get ready for more awesomeness!

TRAIN YOUR ADULT ★

Is your grown-up always hounding you to hurry up? What adults don't know is that time is a very abstract thing for a superhero like yourself. Your brain actually needs a visual reminder (a concrete example) so you can literally see the time moving along. Teaching your adult to give you a visual (say: vzh-oo-uhl) tool and a warning is a great way to make both of you happy as you transition from one activity to another.

Superpowers
independence, time management, emotional regulation

Sensory Systems
internal cues, sight

Energy Scale



What You Need

- 2 recycled plastic bottles of the same size
- Superglue
- Duct tape
- 2 drinking straws cut to 4" (10 cm)
- Cutting tool (with adult help)
- Silicone gel or waterproof glue (found in the hardware store)
- Water
- Food coloring
- Baby oil (enough to fill one plastic bottle)





COLORFUL MEALTIME MEDLEY

Have you ever heard adults talk about “picky eaters”? It’s a term used for superkids like you who are very particular about what you will and will not eat. It worries adults because they know you need food to be awesome. If you struggle to try new foods, you are not alone. I’ve got just the game for you. Sometimes the key to trying new foods is to make the food visually exciting. Grouping your foods by color can expand your go-to foods. Who knows? You might even find a new favorite!

How to Make Ahead

To make your spinner, divide a plate into 6 equal parts (like a pizza) and draw lines with a black marker. Color each section one color of the rainbow (red, orange, yellow, green, blue, purple).

To make your dinner plates, create a plate for each person who is playing by dividing the paper plate into 6 equal parts and drawing lines with a black marker. Do not color your plate.

Set out a tray with each of the colors of foods. Pick 2 to 3 choices from each color to add to your tray so there are several options when you play. Choose some very familiar foods and a few that are brand-new to you. These foods can be cooked or raw to fully explore many different options. Here are some ideas for each color:

RED: red peppers, strawberries, raspberries, tomatoes, watermelon, pomegranates

ORANGE: oranges, carrots, apricots, pumpkin, squash, sweet potatoes

YELLOW: bananas, squash, golden apples, yellow peppers, star fruit, pineapples, corn

GREEN: kiwis, spinach, pears, kale, cucumbers, green beans, edamame, zucchini, celery

BLUE: blueberries, currants, grapes, prunes, blackberries

PURPLE: cabbage, raisins, purple cauliflower, plums, eggplant, beets

(continued)

Superpowers
flexible thinking,
risk taking, decision
making, self-
awareness

Sensory Systems
taste, touch, sight

Energy Scale
⚡⚡⚡⚡⚡⚡

What You Need

Paper plates

Markers

Circular serving tray

A variety of foods from each color of the rainbow

Pencil

Paper clip

SHHH! NO-SEW QUIET BOOK

Most superkids love making noise. I get it, I promise. However, there are times when your adult will need you to be your absolute quietest self. Think of it like you are being super stealthy and secretive. You don't want anyone to detect your presence, or else! These SHHH! No-Sew Quiet Books will do just the trick at those times.



How to Make Ahead

To make each of the pages of your book, you will need three felt pieces glued together when everything is finished. First, add glue to the first felt piece on all the edges and carefully lay another piece of felt on top. Next, add glue to the edges of the top piece on the stacked felt and carefully lay your last piece of felt on top. Set these to the side to dry. Repeat this process for the number of pages you need in the book.

For each game, we made the game on the right page and a blank page with pockets on the left. You can make the pockets by cutting a large rectangle out of felt and gluing half of it to the page. Add glue to the sides of this rectangle and fold it up to make a pocket.

Tic-Tac-Toe: Cut four thin strips of black felt and glue them in the shape of a tic-tac-toe board. Then use alternating colors to cut X and O pieces from felt. You can use felt letters for this but we liked the kid-made letters better.

Checkers: Cut 1-inch (2.5-cm) squares from any color felt (we used white). Place and glue these pieces on a page to make a checkerboard pattern. Using two more colors of felt, cut small circles for your game pieces.

Emotions: Cut out a face shape from skin-colored felt and glue to the middle of a page of felt. Use other colors of felt to make facial features such as eyes, nose, ears and hair. Using the feelings list on page 182, make different felt mouths to show a variety of emotions. Now, you can use your quiet book to expand your emotional recognition.

When all of your pages are complete, you can decorate the cover of your book with letters, shapes and designs. Using a hole punch, put holes along the left side of the book and fasten with ribbon.

Challenge

There are so many fun games and patterns you can make for your quiet book. Here are three more ideas.

Spelling Practice: Cut two small lines from black felt and place sideways on your page to look like lines on a paper. Gather felt letters or your own letters cut from felt and put in a pocket on the facing page. Now you can make your spelling words using your letters inside the lines.

Tangrams: Cut out shapes (rectangles, squares and triangles) out of a variety of colors of felt. Use the blank page to create pictures using the shapes. Can you make a rocket, a house or a flower?

Roads & Tracks: Use gray felt to cut out long rectangles to use as tracks and roads for an on-the-go car track to use with your favorite miniature car set.

Can you think of other classic games that you'd like to take with you on your next trip? Othello, Memory, Tetris, I Spy . . . the possibilities are endless.

TRAIN YOUR ADULT ★

This makes the perfect pack-and-play craft for busy kids! Not only is playing with this craft perfect for boosting your memory and increasing your focus, but creating the craft will work the tiny muscles in your hands, making your handwriting soar!

Superpowers
hand strength,
following directions,
planning and
prioritizing, critical
thinking

Sensory Systems
touch, sight

Energy Scale



What You Need

Felt rectangles (we got ours at the dollar store)

Craft glue or hot glue

Felt letters (optional)

Ribbon

