

Calling All Superheroes

(This means **YOU!**)



This party toolkit is meant to be used for NICU reunion parties or events and can be used in conjunction with other NICU reunion kit materials.

This NICU reunion party will be superhero themed—the following pages are designed to get you in the party spirit.



What You'll Find Inside

Superhero **COSTUME** instructions

Includes a space for any instructions or details about the contest

Fill-in-the-blank super **STORIES**

Can be printed to use as an activity during in-person reunions (*can be emailed to attendees for virtual events*)

Superhero-themed **SNACK** ideas

- Ideas for YOU
- Ideas for attendees so they can continue the fun at home (*can be emailed to attendees for virtual events*)

Printable **CRAFTS** and templates

Can be printed and colored in as an activity during in-person reunions (*can be emailed to attendees for virtual events*)

Superhero **BINGO**

- Can be printed to use as an activity during in-person reunions (*can be emailed to attendees for virtual events*)



We're Looking for Your Inner Superhero



Do you have a special power that helps you fight evil? What about a clever tool or invention that lets you help others? We want to see where your imagination takes you, which is why we're having a Superhero Costume Contest! Check out some costume ideas below to help you create a costume of your very own. Your family can even dress up with you.

COSTUME CONTEST DIRECTIONS

If you already have a costume at home, feel free to use it, or use your imagination to turn it into a superhero that feels unique to you. You can also use items you have around the house to create a one-of-a-kind costume. Here are some ideas to get you started:

- **Cape**

Transform a towel, sheet, scarf, pillowcase, or oversized shirt into a cape. If you have art supplies, you can draw, paint, or color in your superhero symbol. You can also clip or pin the item to your clothing using safety pins, clothes pins, or chip clips.

- **Shield**

Use a colander, pillow, or paper plates taped together to create a shield. Cover the item in foil for reflective power and draw or color in your superhero symbol on the front.

- **Costume mask**

Take a paper plate, construction paper, or fabric and trace out a costume mask design. Color and cut out the costume mask and eye holes. Punch or snip a hole in each side. Then, attach a string or ribbon through the holes and gently tie the costume mask around your head. You can always customize your costume mask with beads, glitter, sequins, fabric paint, and more.

Costume mask templates can also be found toward the end of this packet.

- **Super Accessories**

- Create a staff or wand out of taped together toilet paper or paper towel rolls.
- Use old socks to create arm bands that enhance or provide you with additional powers.

ADDITIONAL COSTUME CONTEST DETAILS



Superhero-themed **SNACK IDEAS**

FOR EVENT COORDINATOR

Below you'll find a list of superhero-themed snack ideas that are easy to create. We've provided families with this same list so that they can recreate snacks from the party with their kids at home.

- Cut out fruit (pineapple and watermelon), sandwiches (nut or seed butter and jelly or grilled cheese), or deli meat into star or lightning bolt shapes
- Add a few drops of food coloring that matches the color of your favorite superhero into a vanilla pudding cup. Mix all together. Crumble nuts, cookies, or sprinkles on top to resemble hair. Draw the face of the superhero or their logo on the outside of the cup
- Place a cube of cheese or a marshmallow on top of a pretzel stick to resemble a powerful hammer
- Wrap a piece of lunch meat around a string cheese or a pickle spear to create a super defense
- Get a dose of superhero energy by slicing a banana into coins. Spread a layer of nut or seed butter on top of one slice of banana. Add another slice of banana on top. Repeat with remaining slices. You can also use mini rice cakes instead of or in addition to the bananas
- Trigger your special super powers by topping apples, carrots, or celery sticks with nut or seed butter or cream cheese and dotting raisins across the top
- For older children, increase your super skills by inserting a toothpick or pretzel stick into a grape. Dip the grape into yogurt, coating the bottom half of the grape. Then dip the yogurt-covered grape into crushed graham crackers. Place each dipped grape on a plate or cookie sheet. Freeze for at least two hours before serving

NOTE: Please adjust snacks to accommodate any attendee dietary restrictions as necessary.



Power Up with a **SUPER SNACK**

FOR FAMILIES

Even superheroes need a snack from time to time. Here are snacks you can create on your own whenever you need a super boost at home.

Since snacks can give you energy and help you get the nutrients you need throughout the day, we wanted to provide a few super snack ideas you can create at home to help you stay powered up:

- **SUPERPOWER-SHAPED SANDWICHES:** Cut out fruit (pineapple and watermelon), sandwiches (nut or seed butter and jelly or grilled cheese), or deli meat into star or lightning bolt shapes
- **POWERFUL PUDDING:** Add a few drops of food coloring that matches the color of your favorite superhero into a vanilla pudding cup. Mix all together. Crumble nuts, cookies, or sprinkles on top to resemble hair. Draw the face of the superhero or their logo on the outside of the cup
- **HAMMER TIME:** Place a cube of cheese or a marshmallow on top of a pretzel stick to resemble a powerful hammer
- **EVERY SUPERHERO NEEDS A CAPE:** Wrap a piece of lunch meat around a string cheese or a pickle spear to create a super defense
- **ENERGY MEDALLIONS:** Get a dose of superhero energy by slicing a banana into coins. Spread a layer of nut or seed butter on top of one slice of banana. Add another slice of banana on top. Repeat with remaining slices. You can also use mini rice cakes instead of or in addition to the bananas
- **RESTORE YOUR ENERGY:** Trigger your special super powers by topping apples, carrots, or celery sticks with nut or seed butter or cream cheese and dotting raisins across the top
- **ICE ORBS:** For older children, increase your super skills by inserting a toothpick or pretzel stick into a grape. Dip the grape into yogurt, coating the bottom half of the grape. Then dip the yogurt-covered grape into crushed graham crackers. Place each dipped grape on a plate or cookie sheet. Freeze for at least two hours before serving

Create Your Own _____ Story

(superhero)



To create your own superhero story, you'll need to work together with at least one other person. Pick one player to be the reader. The reader will ask the other players, who haven't seen the story, to fill in the blanks with words such as superhero names, nouns, exclamations, superhero powers, adjectives, and more. Once all the blanks are filled in, the story can be read aloud.



The _____ Superkid

(adjectives like smelly, oozy, fuzzy)



One day, a superkid named _____ was walking to school when
(silly name)

he saw a _____ . It was beaming _____ out of its
(animal) (name of food)

eyes and the _____ was knocking everyone else on the sidewalk
(same food as before)

over. The superkid yelled out _____ , and asked the
(exclamation)

_____ if it needed help. "Yessssss," It yelled, "I can't see
(same animal as before)

anything!" _____ began to summon their power of
(same silly name from before)

_____ , and then _____ it over to the
(describe power) (verb)

_____ . _____ stopped _____
(same animal as before) (same food as before) (verb)

out of its eyes. "Thanks superkid! You saved the day!"

Saving the Planet _____

(planet name)



When _____ first learned that _____ wanted to
(superhero name) (name of evil villain)

destroy _____ by _____, they felt
(same planet name) (silly power)

_____ and then they came up with a plan to stop
(feeling)

_____. First, _____ built a _____
(same name of evil villain) (same superhero name) (color)

_____ that could fly to _____, where the villain
(noun) (city name)

was in hiding. Then they _____ with their sidekick,
(verb)

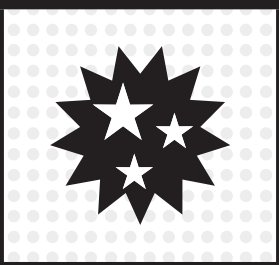
_____, which helped transform _____ into a
(silly name) (same noun)

_____. With the _____, the superhero and
(funny weapon) (same funny weapon)

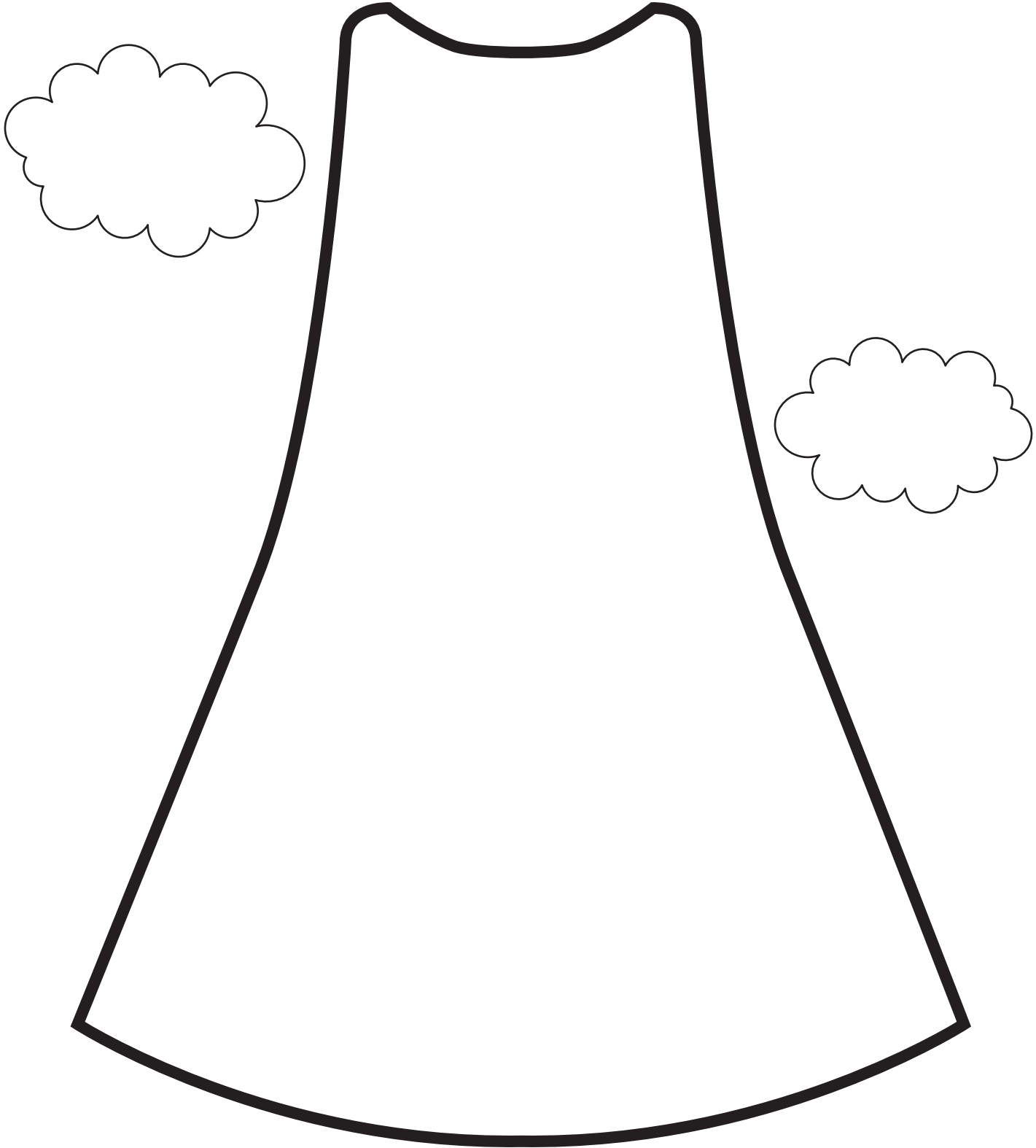
sidekick were able to defeat the _____ and
(same name of evil villain)

save _____.
(planet name)

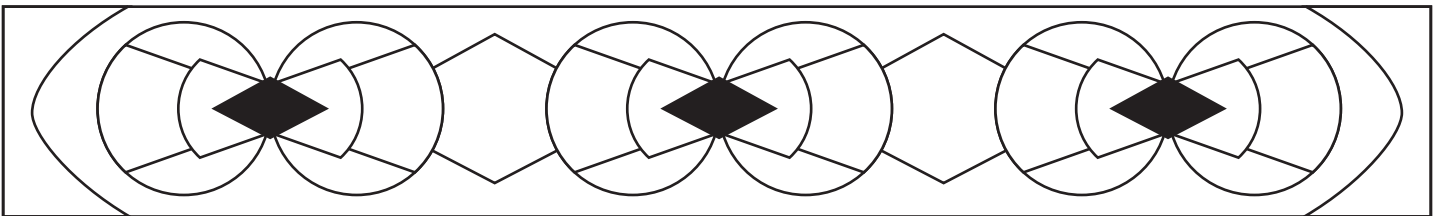
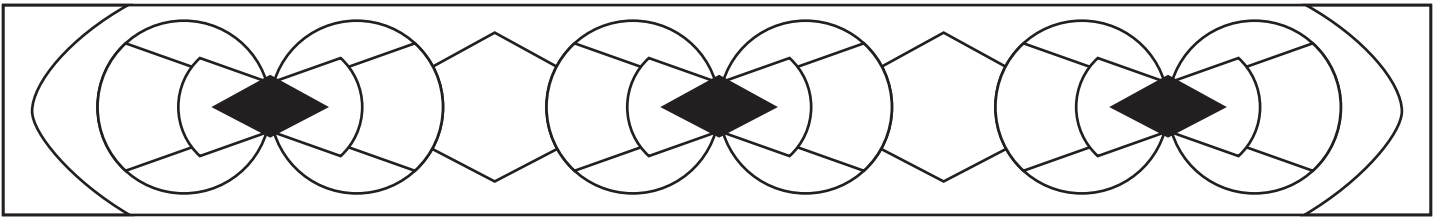
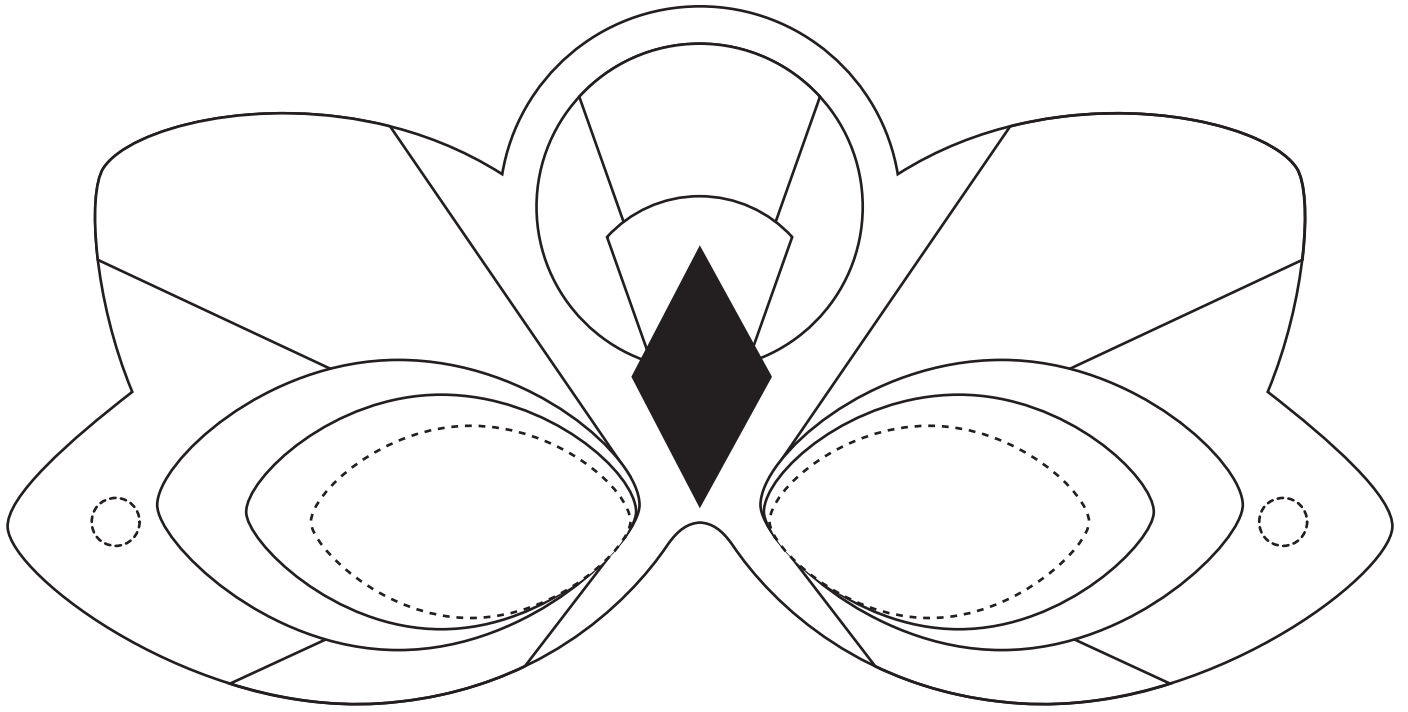
Make Your Own Superhero Cape

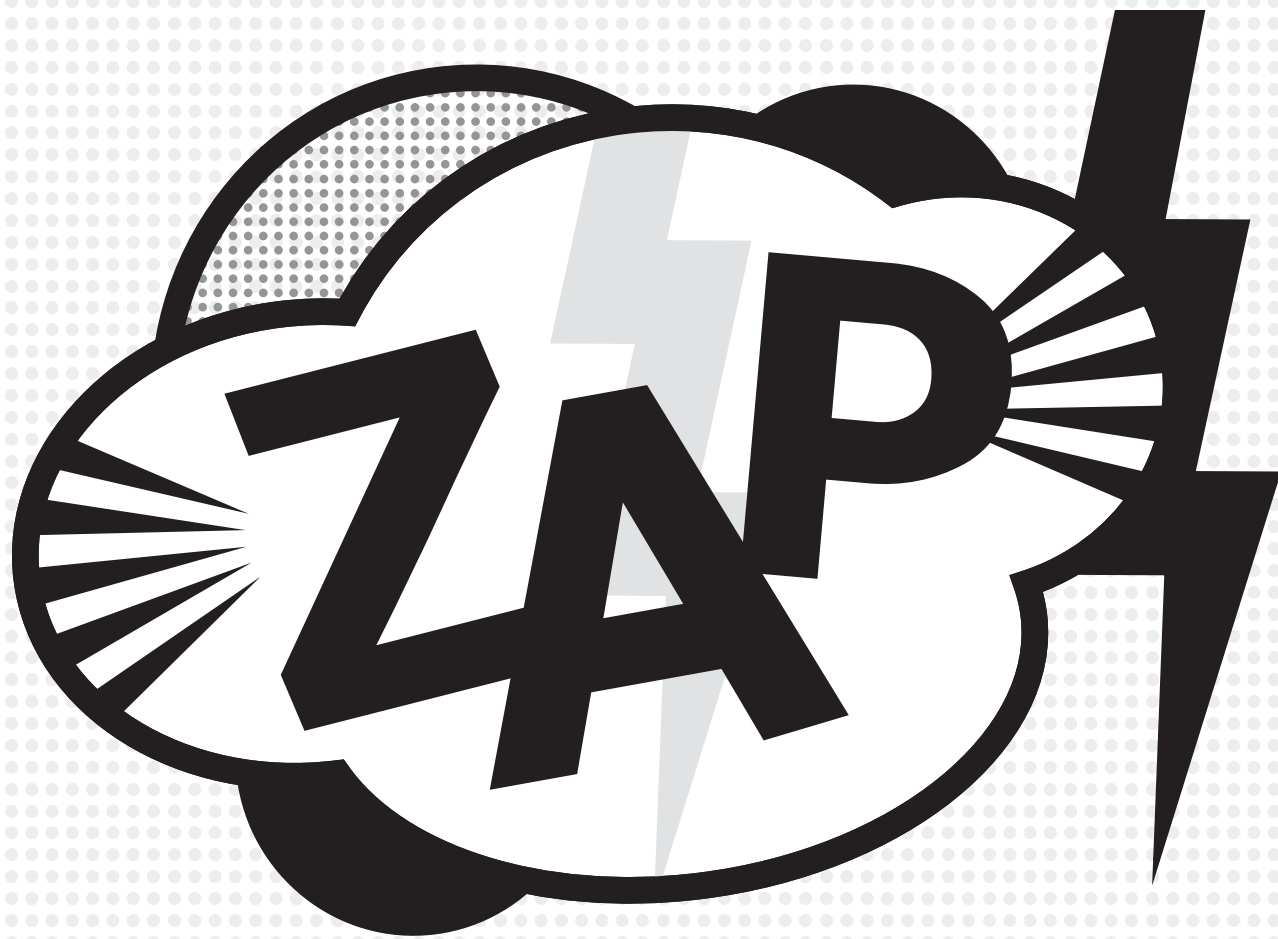


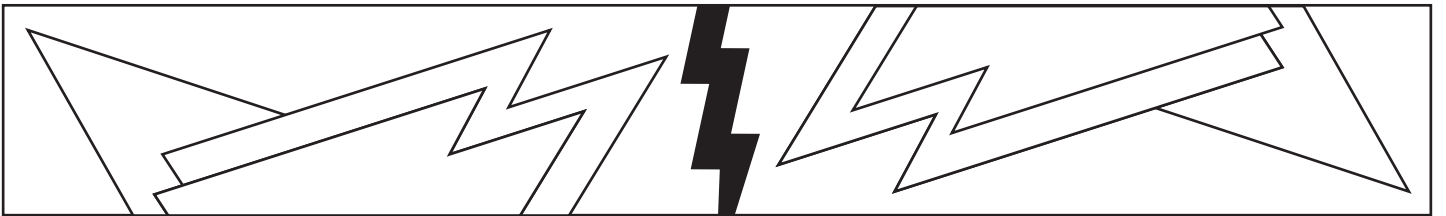
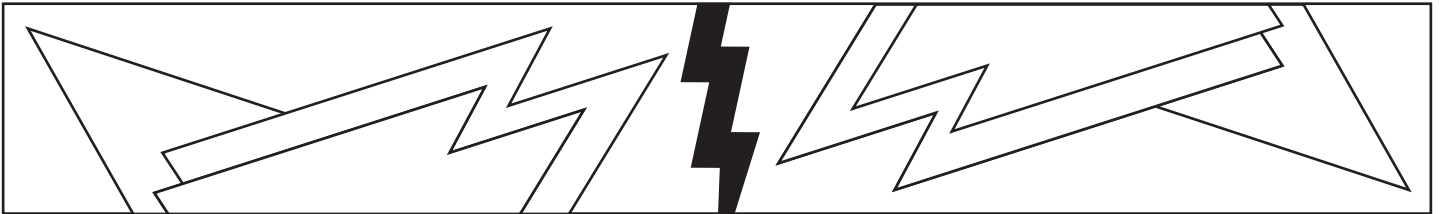
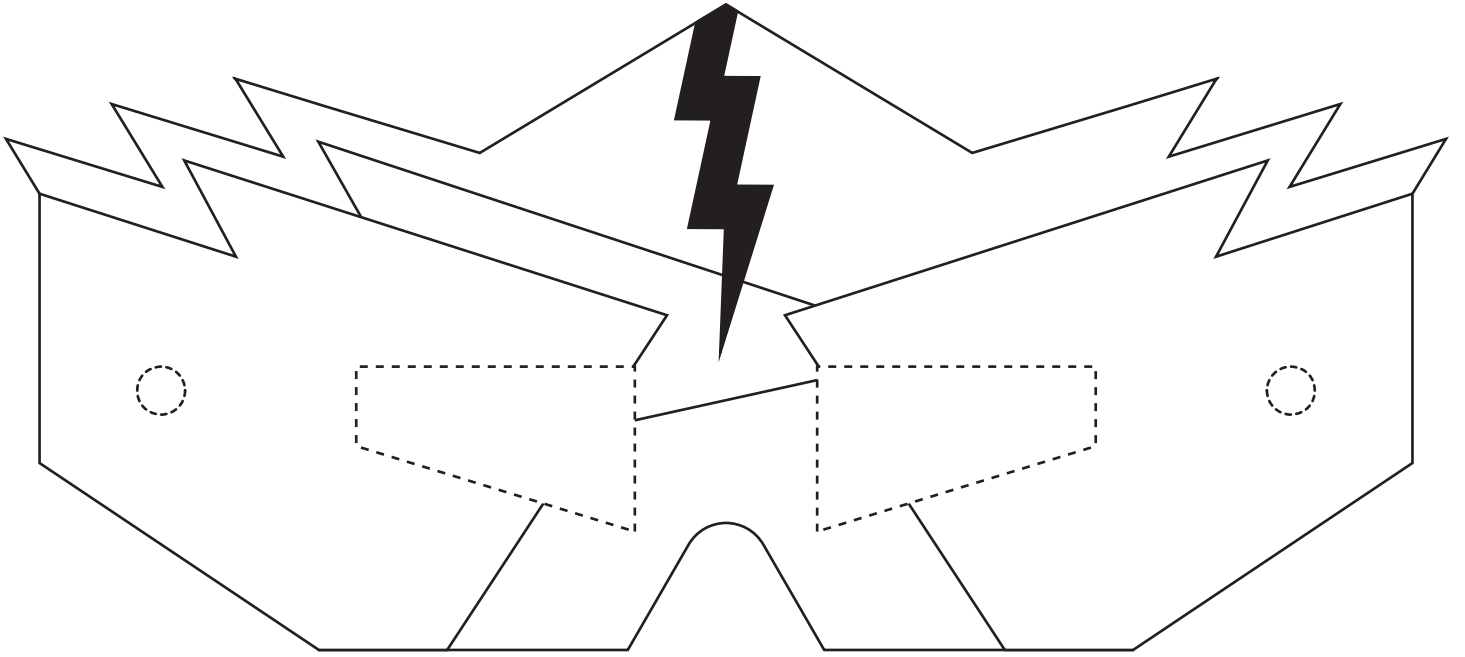
NAME _____

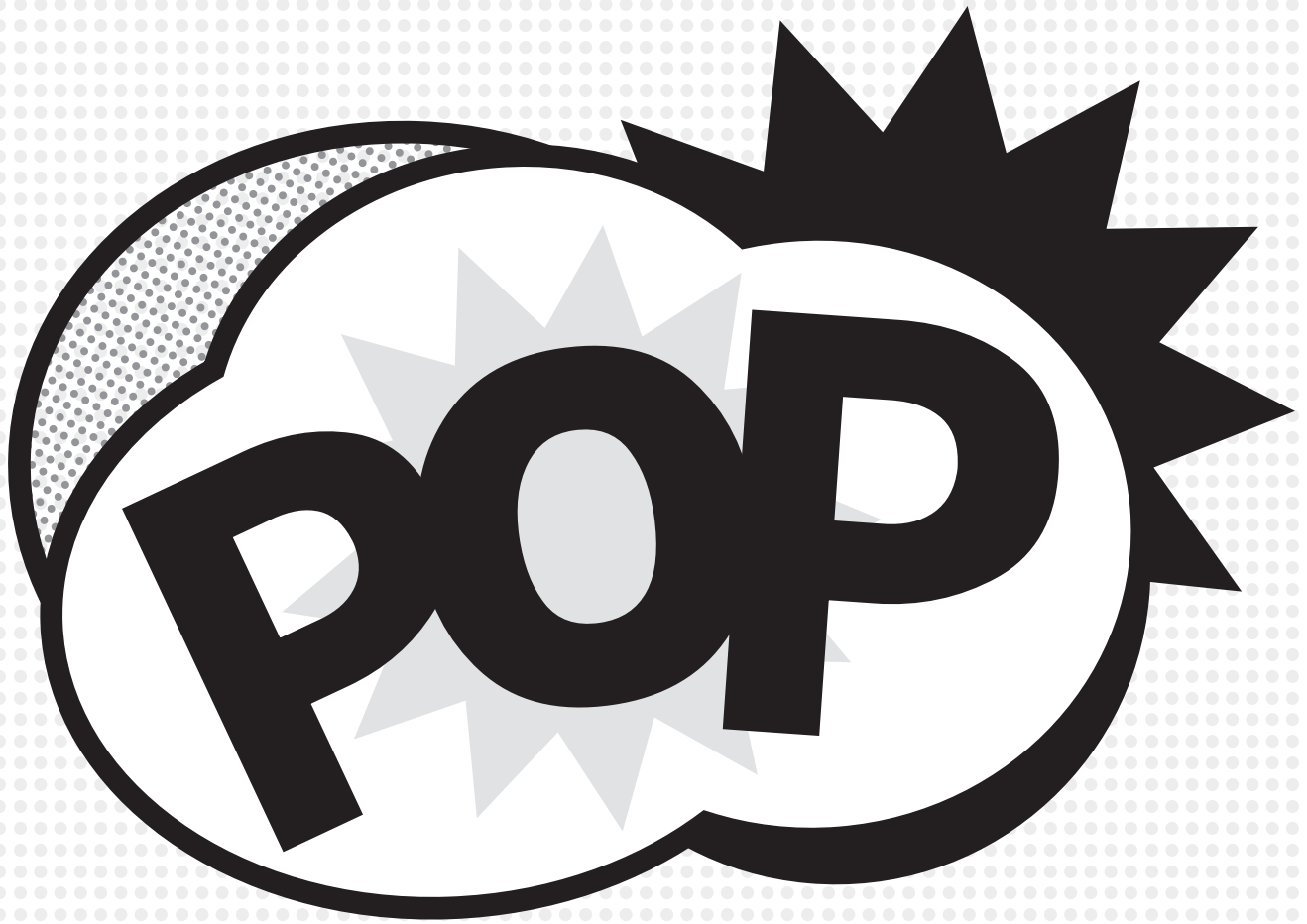


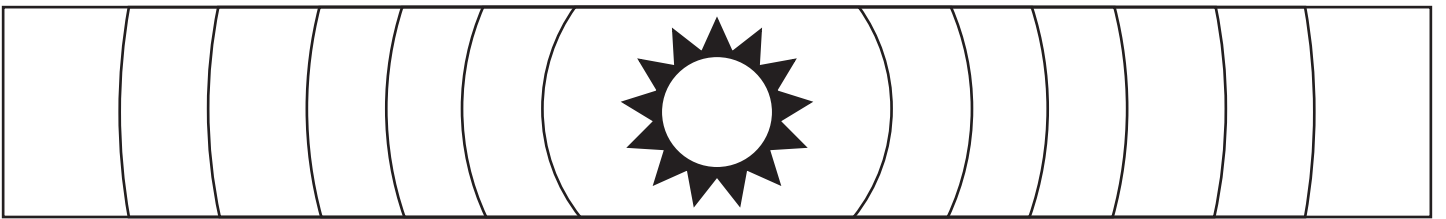
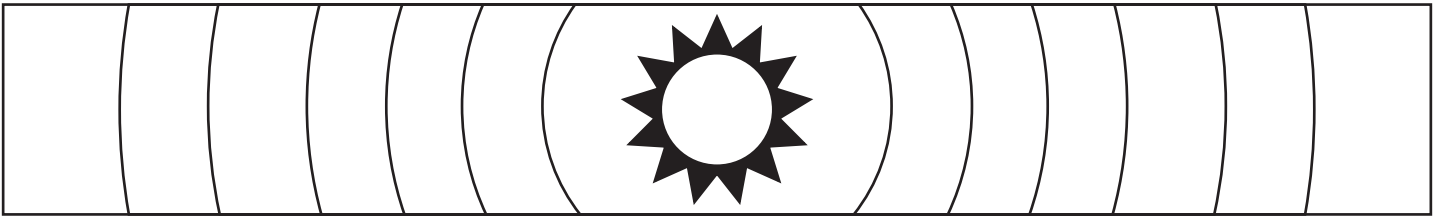
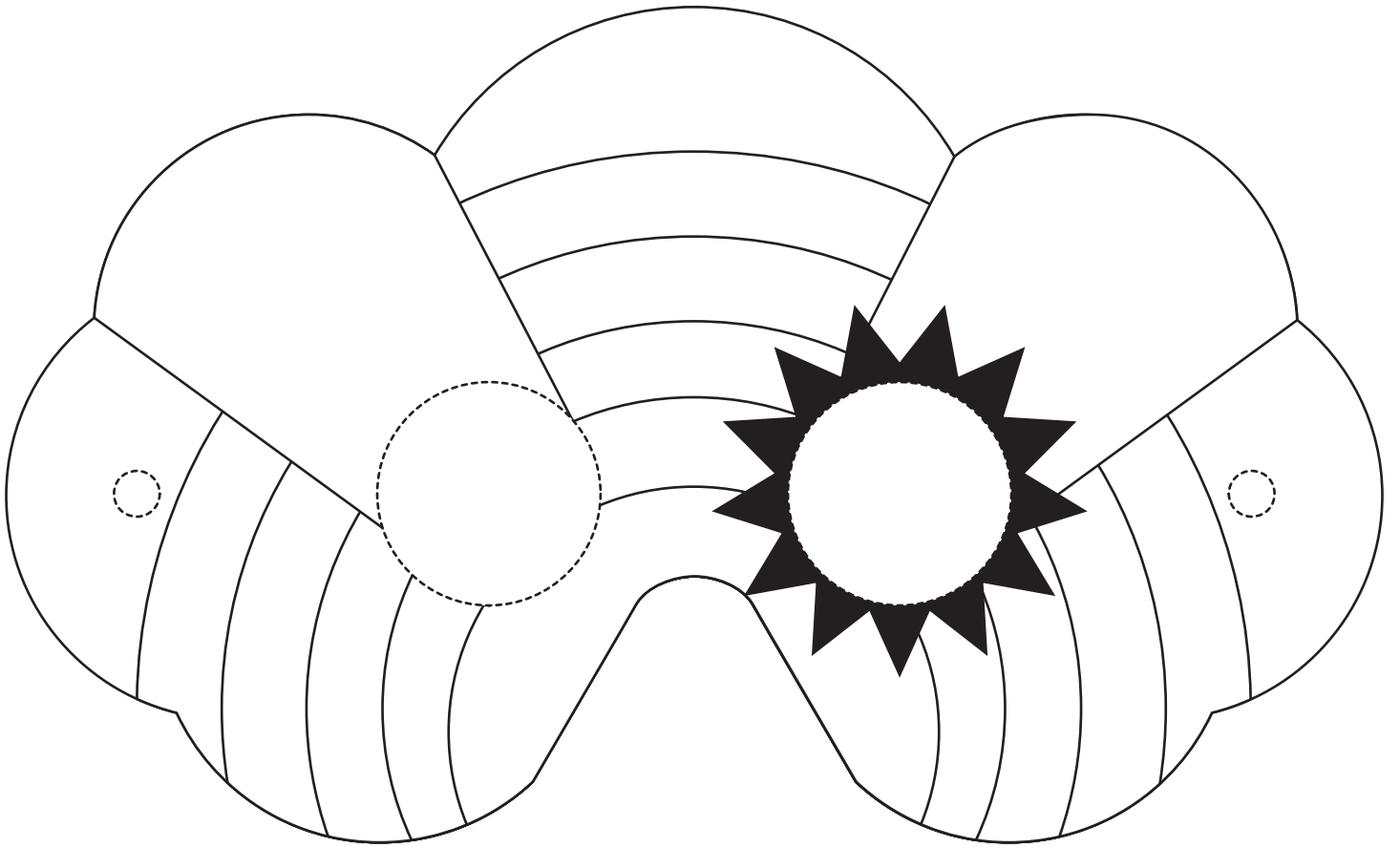


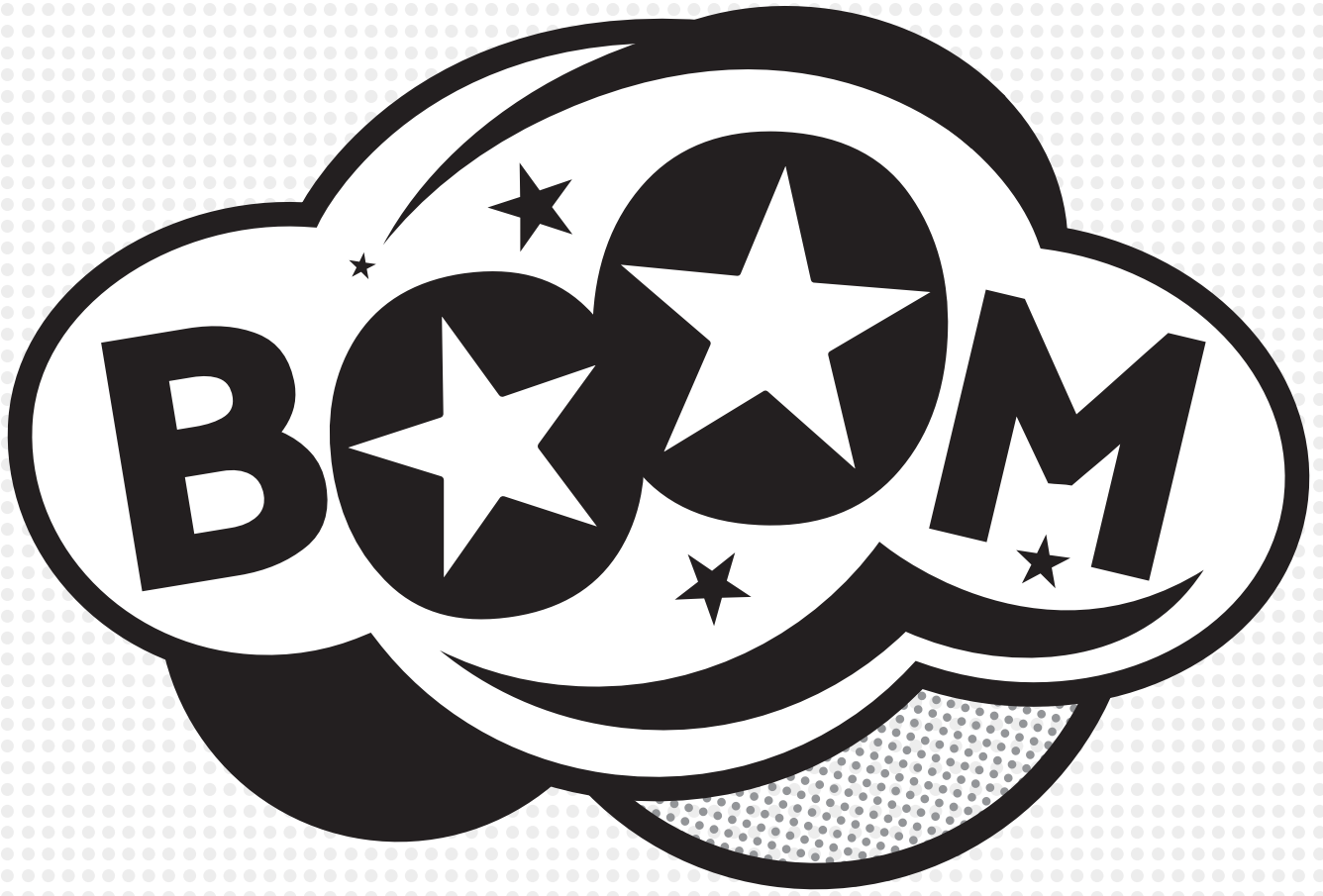


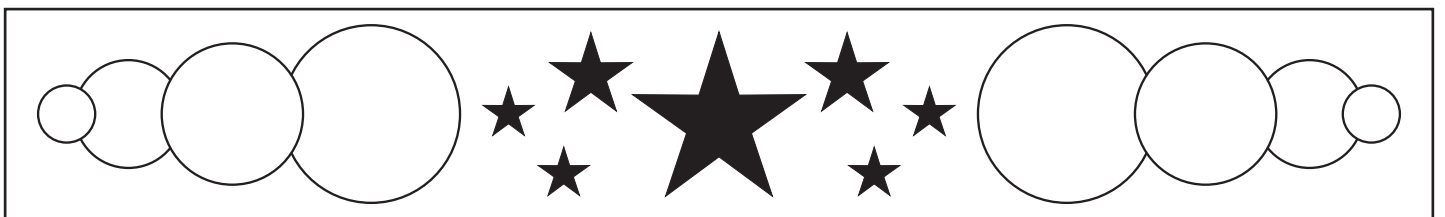
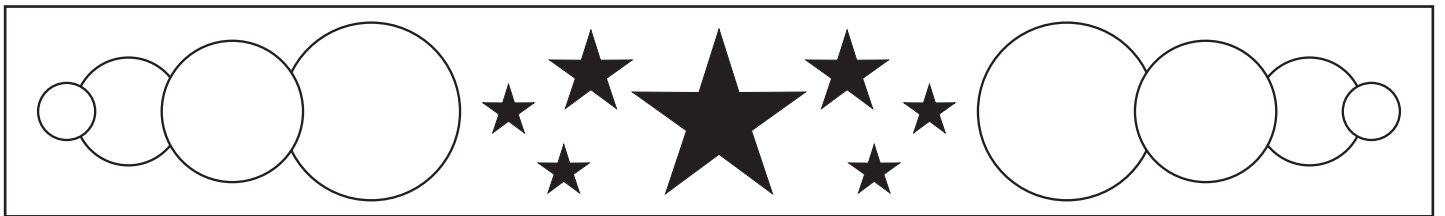
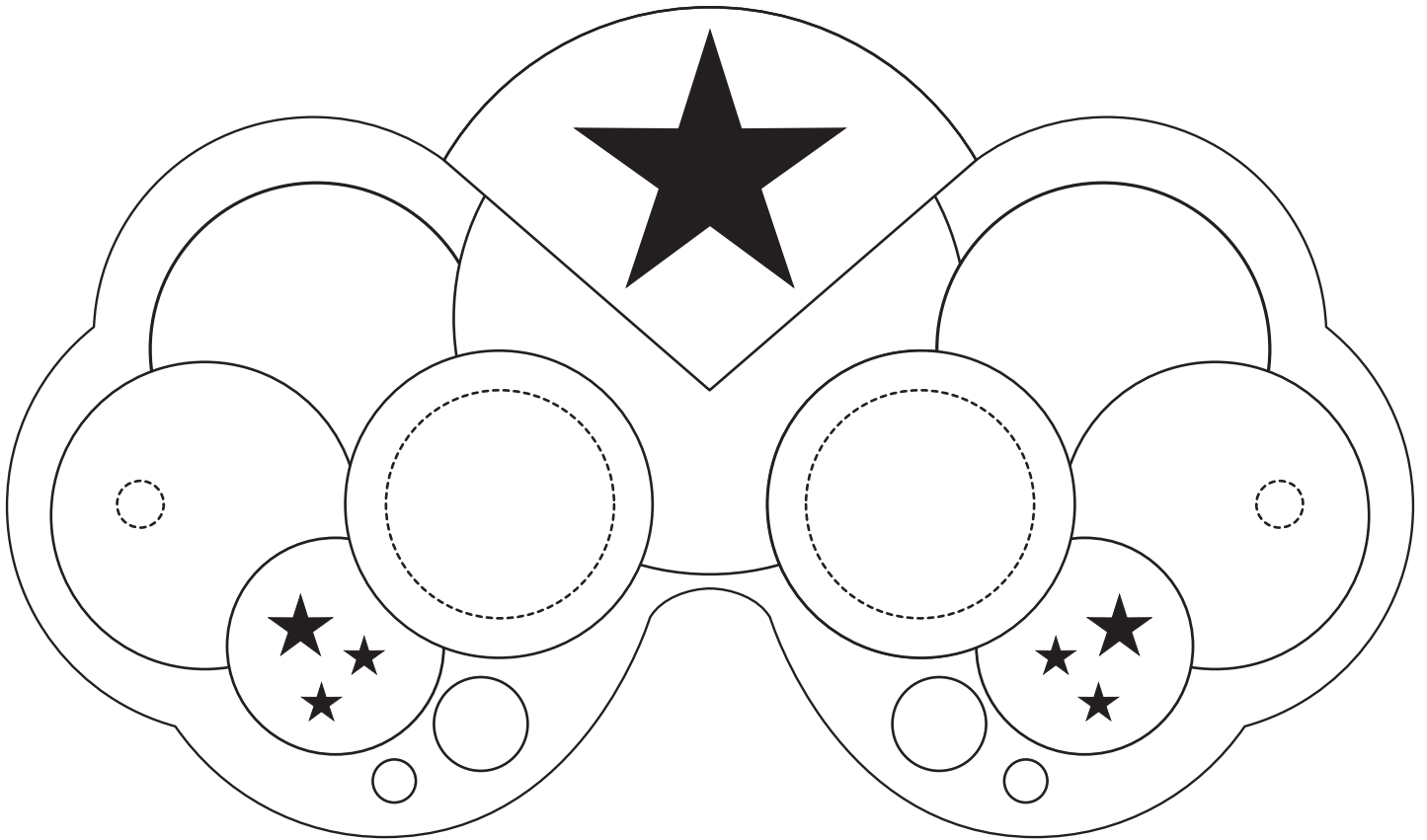




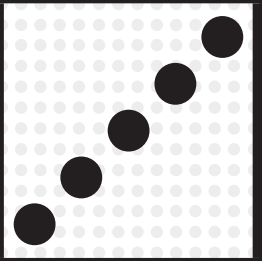








Superhero BINGO



SETUP FOR THE CALLER

Cut apart the calling card terms and place into a bowl.

SETUP FOR PLAYERS

Create your own bingo card by filling in each square with one of the provided terms (see following page). Use one term per square in any order you choose. You will have six unused terms. Once it's time to play, use a pen, marker or other item, such as a pretzel or jelly bean to mark your bingo card as terms are called.

TO PLAY

Pull one term out of the bowl at a time, and call out what it is. Give everyone time to mark it off of their card if they have it. Repeat this until someone has five marked off spaces in a row and yells out BINGO!



FOR THE CARD MAKERS + PLAYERS

SUPERHERO

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Create your own bingo card by filling in each square with one of the terms below. Use one term per square in any order you choose. You will have six unused terms.

pow	costume mask	secret
bam	city	invisible
boom	planet	speed
zap	universe	strength
pop	street	power
cape	block	shield
fly	crime	disguise
kick	justice	alter ego
hero	good	safe
villian	evil	zoom

FOR THE CALLER



pow

costume mask

secret

bam

city

invisible

boom

planet

speed

zap

universe

strength

pop

street

power

cape

block

shield

fly

crime

disguise

kick

justice

alter ego

hero

good

safe

villian

evil

zoom

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