

GIRL SCOUT SUPERHERO ACADEMY

As Girl Scouts, we all have superpowers! We use our superpowers every day to help others and make the world a better place.

Join the Girl Scout Superhero Academy to hone your superpowers, learn new skills, and become your own superhero! Complete your training to join the GSGI Superpower Squad!

To earn your GSGI Superpower Squad patch, create your superhero identity, take on activities from each superpower skill category, and complete your training. This fun patch is available for purchase through the GSGI council shops.

You'll complete superpower challenges in the following categories:

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SUPERPOWER SQUAD TIP!

We've created templates and printables to help you on your superpower squad journey! Throughout this guide, anytime you see an image of the listed materials you can click to download it.



JOIN THE SUPERHERO ACADEMY!

Welcome to the Girl Scout Superhero Academy! Before you start your superhero training, you must create your super persona. Every superhero needs a unique name and must decide what their superpowers are!

Find your superhero name, discover your superpower, and create your superhero identification card.

FIND YOUR SUPERHERO NAME

1. Use the first letter of your first name to find the first part of your new superhero name. Match it to the letters on the first section of the *What's Your Superhero Name?* activity on page 3.
2. Use the month you were born to find the second part of your new superhero name. Match it to the month on the second section of the *What's Your Superhero Name?* activity on page 3.
3. Put the names together – take the name from Step 1 followed by the name from Step 2. You've found your new superhero name!

DISCOVER YOUR SUPERPOWER

1. Take the *What's Your Superpower?* quiz on page 4. Answer each question to find out if you are more of a go-getter, innovator, risk-taker, or leader.
2. Count up your answers and use the answer key at the bottom to find your superpower!

COMPLETE YOUR SUPERHERO PERSONA

1. Create your own Superhero Identification Card. You can download one below or design your own!
2. Draw a picture of your superhero costume. Be sure to fill in your new superhero name and your new superpower!
3. Check off the superpower skills as you complete your training!

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GSGI SUPERHERO ACADEMY		
	REAL NAME	
	HERO NAME	
	SUPERPOWER	
OFFICIAL PORTRAIT	SUPERPOWER SKILLS TRAINING <i>Check off each item as you complete the activity.</i>	
	<input type="checkbox"/> CONFIDENCE	<input type="checkbox"/> DETERMINATION
	<input type="checkbox"/> SELF ESTEEM	<input type="checkbox"/> TEAM WORK
	<input type="checkbox"/> CHALLENGE SEEKING	<input type="checkbox"/> COOPERATION

WHAT'S YOUR SUPERHERO NAME?

USE THE FIRST LETTER OF YOUR FIRST NAME

A – Captain

B – Wonder

C – Super

D – Phantom

E – Dark

F – Incredible

G – Professor

H – Iron

I – Hawk

J – Captain

K – Steel

L – Bolt

M – Atomic

N – Torch

O – Space

P – Mega

Q – Turbo

R – Fantastic

S – Invisible

T – Night

U – Silver

V – Aqua

W – Amazing

X – Doctor

Y – Rock

Z – Power

AND THE MONTH YOU WERE BORN

January – Shield

February – Arrow

March – Justice

April – Thunder

May – Rider

June – Falcon

July – Ninja

August – Spider

September – Storm

October – Lightning

November – Fire

December – Nova

WHAT'S YOUR SUPERPOWER?

Are you a go-getter, innovator, risk-taker, or leader?
Find out what kind of superpowers you have with this fun quiz!

1. On vacation, you typically want to:

- A) See all of the really famous sights in the tour book, even if you're tired!
- B) Research what interests you and plan your own itinerary.
- C) Forget planning – let every day be its own adventure!
- D) Show friends or family around places you love but they haven't seen before

2. At school or work, you've struggled with:

- A) Turning in assignments when time's up. You want everything to be perfect!
- B) Daydreaming. Sometimes you just get caught up in your own thoughts.
- C) Remembering to read the directions. You usually want to just dive right in!
- D) Talking too much, even if it's about the assignment you're working on!

3. Your favorite video games:

- A) Challenge you! You want to work for that high score!
- B) Feature cool new technology you can test out and play with.
- C) Let you switch up scenes and characters as much as you want.
- D) Are the ones you can play with other people as a team.

4. As far as books go, you love:

- A) Nonfiction. Who needs fiction when there's so much in real life to learn about?
- B) Sci-fi or fantasy. Books that aren't like everyday life help you see things differently.
- C) Mysteries and thrillers. It's exciting to never know what's going to happen next.
- D) Stories about relationships. Families and friendships are the best things in life!

5. For Halloween, you:

- A) Spend weeks thinking of and shopping for a perfect costume. Your look will be on point!
- B) Make your own costume. It'll be just how you want it and you'll save money.
- C) Dress as your favorite, but not that famous, character. Who cares if anyone else "gets it"?
- D) Coordinate a group costume with your friends.

6. Your room is decorated with:

- A) Posters of your idols – all the athletes, artists, and others who've achieved your dreams.
- B) Lots of artsy stuff. Collages, paintings, and even images of space!
- C) Different stuff all the time! You'll put new things up and redecorate.
- D) Pics of you and your friends. You and your friends are inseparable.

If you answered....

Mostly A's: You're a go-getter! You've got a vision of how you want your life to look and you keep going for it, even when the going gets tough. Your can-do mentality and ambition will take you far!

Mostly B's: You're an innovator! You're an original, independent thinker. With your love of learning and natural curiosity, you're a wonder at solving problems in creative new ways.

Mostly C's: You're a risk-taker! You've got an open mind and love the thrill of trying new things. Your embrace of adventure will open doors for others who might not be as bold.

Mostly D's: You're a leader! You're an advocate for all and are always cheering on the group. Through empathy, team building, and humility, you empower those around you to be their best.

POWER GIRL

Superheroes help people every day – whether they are a nurse helping someone feel better, a firefighter making sure our homes are safe, or a scientist helping to find a new cure.

As a superhero, you need to feel confident to do the right thing and feel confident in your own skills! Create a magazine cover with yourself as the feature – highlight all of your awesome abilities!

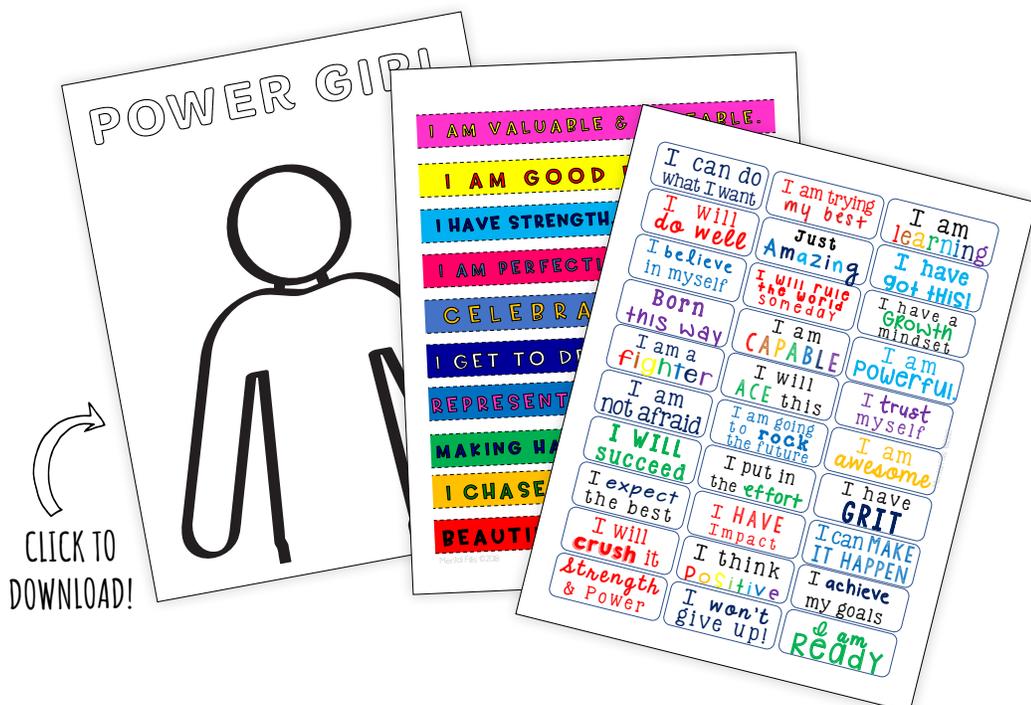
SUPPLIES

- ⚡ Power Girl template
- ⚡ Magazine headlines and story titles
- ⚡ Markers
- ⚡ Scissors
- ⚡ Glue stick

DIRECTIONS

1. Use the Power Girl template to create a magazine cover with you as the star! Draw yourself on the blank template. Add hair, clothes, and any other defining features.
2. Add a headline! Choose one of the headlines that you think best represents you. Cut it out and glue it above “Power Girl” on the template. Don’t see a headline you like? Try making up your own!
3. Now add your magazine story titles. Choose some of the story titles that describe you. Cut them out and glue them around the drawing of yourself.
4. Show off your awesome magazine to your friends, family, or Girl Scout troop.

Congratulations! You’ve completed your Confidence and Self-Esteem Skills Training! Don’t forget to check them off on your Superhero Identification Card.



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DOWNLOAD!

MIRROR, MIRROR

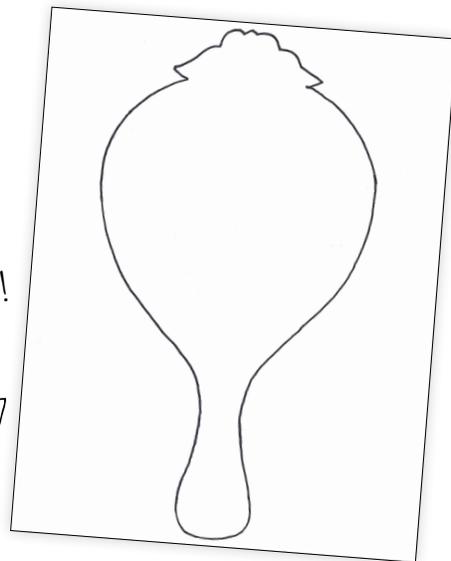
Superheroes can make mistakes – but they always try again! Sometimes it can be hard to try new things, especially if we make mistakes. As a superhero you have to think positively and keep going!

Harness the power of positive thinking! Practice thinking positively!

SUPPLIES

- ⚡ Mirror template
- ⚡ Cardboard
- ⚡ Aluminum foil
- ⚡ Markers
- ⚡ Scissors
- ⚡ Glue stick/Tape
- ⚡ Misc. craft supplies

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DIRECTIONS

1. Cut out the mirror template. Place it on the piece of cardboard and trace around the template. Cut out the mirror shape from the cardboard.
2. Cut out a circle from the aluminum foil and glue to the center of the cardboard cut-out.
3. Decorate your mirror. Use markers, buttons, glitter, gems, and other craft supplies to decorate.
4. Use your mirror to practice thinking positively every day. Follow these steps:
 1. Hold up your mirror and look at yourself.
 2. Take some deep breaths and say your name.
 3. Appreciate yourself. Say at least one thing that you are proud of or something you accomplished that day.
 4. Take a few more deep breaths.

Congratulations! You've completed your Confidence and Self-Esteem Skills Training! Don't forget to check them off on your Superhero Identification Card.

SAVE THE CITY!

The Superpower Squad needs your help! They responded to a call to help put out a fire. They raced across town to help and were able to put out the fire – but now the Squad Mobile has broken down! They have another call and need someone to help.

Continue your training and race your fellow superheroes-in-training across the city in the “Save the City” board game. Answer the prompts on the cards, roll the dice, and be the first to cross the finish line to save the city!

SUPPLIES

- ⚡ Game board printable
- ⚡ Game pieces printable
- ⚡ Game cards printable
- ⚡ Dice
- ⚡ Scissors

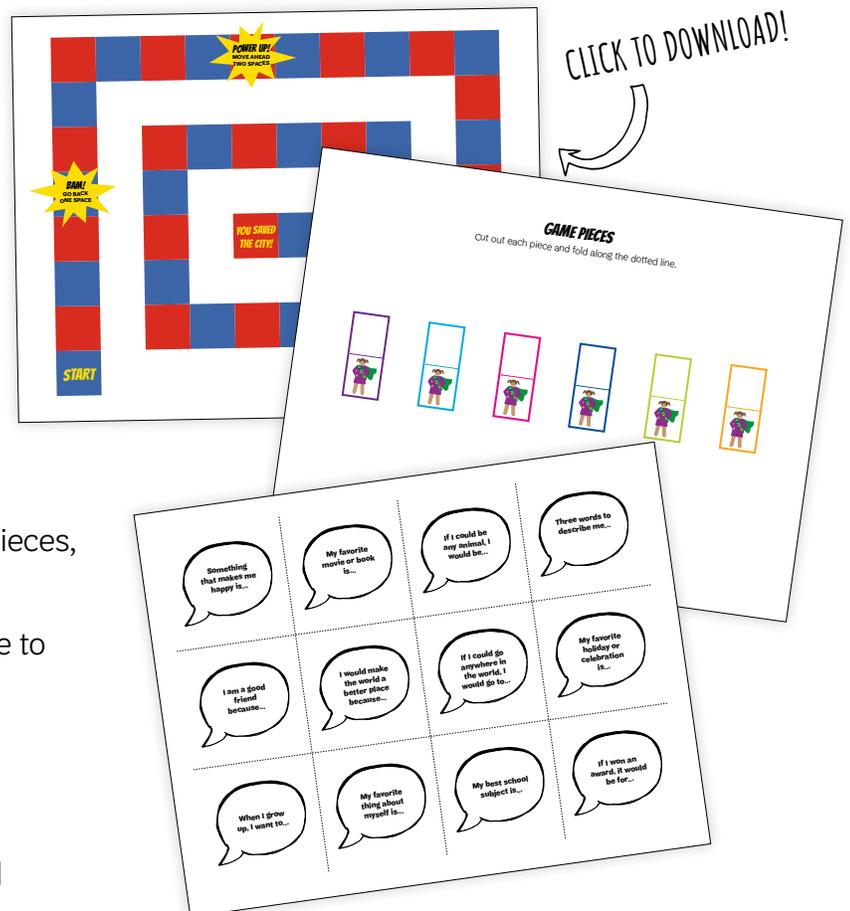
DIRECTIONS

Game Set Up

1. Print and cut out the game board, game pieces, and game cards.
2. Fold the game pieces along the middle line to make them stand up.
3. Place game pieces on the START square.

Game Rules

1. Each player takes turns picking a card and answering the prompt.
2. Once the player has answered they can roll the dice and move their piece that many spaces. If all cards have been used, shuffle them and reset the deck.
3. If your piece lands on a burst, follow the directions on the board.
4. The first superhero to cross the finish line wins and saves the city!



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Congratulations! You’ve completed your Confidence and Self-Esteem Skills Training! Don’t forget to check them off on your Superhero Identification Card.

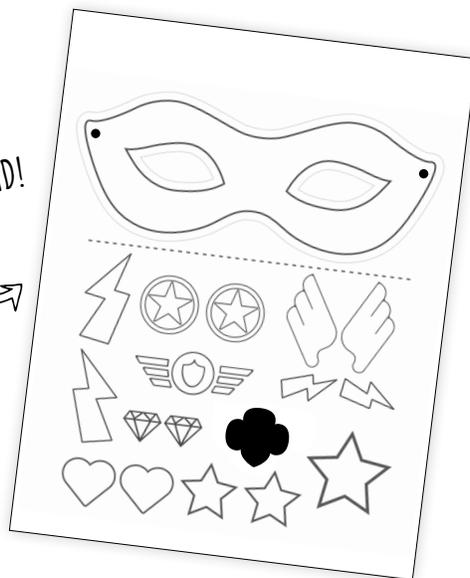
MASK CHALLENGE!

Most superheroes wear a disguise to keep their true identity a secret. Take the challenge to make your own superhero mask. Challenge your creativity. Think outside the box – how can you make your mask stand out? What unique elements can you add to your mask?

SUPPLIES

- ⚡ Mask printable
- ⚡ Scissors
- ⚡ Glue stick
- ⚡ Coloring utensils
- ⚡ Holepunch or sharp pencil
- ⚡ String
- ⚡ Various craft supplies

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DIRECTIONS

1. Cut out your mask template – don't forget to cut out the holes for the eyes!
2. Decorate your mask using markers or crayons, cut out shapes, or other craft supplies you have on hand. We recommend glitter, google eyes, stickers, and buttons!
3. Use a hole punch or a sharp pencil to poke holes through the black dots on either side of the mask.
4. Cut a piece of string long enough to go around your head. Tie one end of the string to one of the holes in your mask. Tie the other end of the string to the other hole in your mask. Make sure the mask fits before attaching the string the second hole.

Congratulations! You've completed your Challenge Seeking and Determination Skills Training! Don't forget to check them off on your Superhero Identification Card.

SUPERHERO ACTIONS GAME

Superheroes take on many different challenges to help themselves and those around them! It can be scary to try new things, but superheroes know that it's okay if you mess up as long as you try again.

Practice acting like a superhero with the Superhero Actions Game.

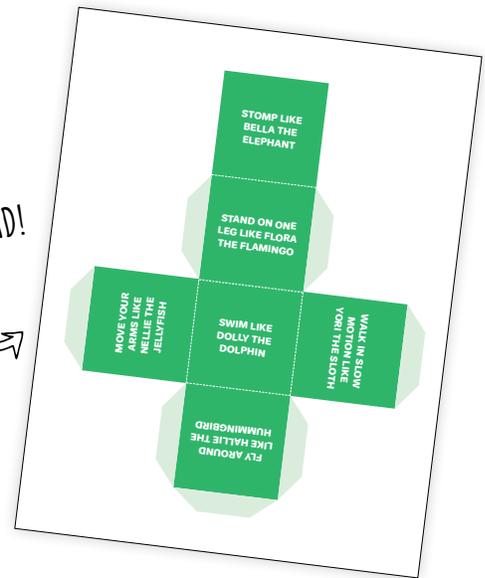
SUPPLIES

- ⚡ Dice printable
- ⚡ Scissors
- ⚡ Glue stick or tape

DIRECTIONS

1. Cut out the dice template.
2. Fold along each dotted line.
3. Glue or tape each tab to the square next to it to form a cube.
4. Play the Superhero Action Game with friends, family, or your Girl Scout troop.
 - ▶ Take turns rolling the dice and acting out the directions
 - ▶ Keep going until everyone has tried each action
5. Can you think of your own superhero actions?

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Congratulations! You've completed your Challenge Seeking and Determination Skills Training! Don't forget to check them off on your Superhero Identification Card.

CRYSTAL CHALLENGE

The Superpower Squad Mobile needs more fuel, but the Squad Headquarters is all out. The Squad Mobile uses special crystals. Take on this challenge and help the Superpower Squad create more fuel crystals.

SUPPLIES

- ⚡ Epsom salt
- ⚡ Hot water
- ⚡ Food coloring
- ⚡ Beaker, cup, or small bowl
- ⚡ Measuring cups

DIRECTIONS

1. In the cup or small bowl, stir $\frac{1}{2}$ cup of Epsom salt with $\frac{1}{2}$ cup of very hot water for at least one minute. This creates a saturated solution, meaning no more salt can dissolve in the water. NOTE: Some undissolved crystals will be at the bottom of the glass.
2. Add a couple drops of food coloring if you want your crystals to be colored.
3. Put the beaker in the refrigerator.
4. Check on it in a few hours to see a beaker full of Epsom salt crystals! Pour off the remaining solution to examine them.

Congratulations! You've completed your Challenge Seeking and Determination Skills Training! Don't forget to check them off on your Superhero Identification Card.

SUPERPOWER SQUAD STORY

Superheroes have to work together to help make the world a better place. Each member of the Superpower Squad has their own strengths and helps out the team.

Gather your squad and work together to create your own comic book story!

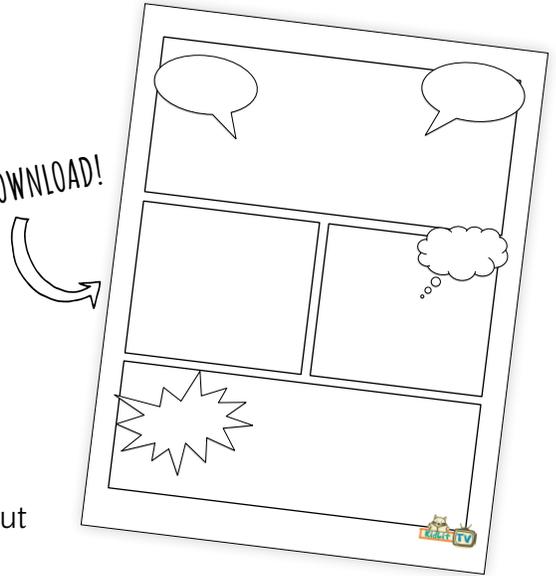
SUPPLIES

- ⚡ Comic book template (one per participant)
- ⚡ Pen or pencil
- ⚡ Colored pencils or crayons

DIRECTIONS

1. Gather your squad – you'll need at least four people. Ask your family, friends, or Troop to join in the fun!
2. Gather in a line or a circle. Each squad member needs a printout of the comic book template.
3. Each person starts their story – drawing the first frame in the comic book template.
4. Once every person has finished their first frame, pass the comic book sheet to the person on the left.
5. Each person continues the story in the next frame of the comic book sheet.
6. Continue creating the rest of the story by passing the comic book sheets around the circle, each person adding a piece to the story.
7. After every frame is filled in, read each of the comic book stories!

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Congratulations! You've completed your Teamwork and Cooperation Skills Training! Don't forget to check them off on your Superhero Identification Card.

SAVE THE DAY!

Sammy the Worm needs your help! She took her boat out on the lake, but forgot to put on her life preserver.

A strong wind caused her boat to capsize. Now Sammy is stranded on top and her life preserver is stuck underneath the boat. Grab a partner and work together to save Sammy!

SUPPLIES

- ⚡ 1 gummy worm (Sammy)
- ⚡ 1 gummy life saver candy (life preserver)
- ⚡ 1 small clear plastic cup (boat)
- ⚡ 4 paper clips (rescue materials)

DIRECTIONS

Set up:

Place the gummy life saver candy in the middle of the workspace. Turn the small plastic cup (Sammy's boat) upside down and place it over the gummy life saver. Finally, place the gummy worm (Sammy) on top of the plastic cup.

Using the four paper clips, work with your squad partner to:

1. Turn Sammy's boat right side up.
2. Put Sammy back into her boat.
3. Put on Sammy's life saver.

Rules:

1. You can only touch the paperclips. You may NOT touch Sammy, the boat, or the life preserver directly with your hands.
2. You must not let Sammy fall into the lake or she might drown!
3. Don't injure Sammy (i.e. don't spear her with the paperclips).

Congratulations! You've completed your Teamwork and Cooperation Skills Training! Don't forget to check them off on your Superhero Identification Card.

SUPERHERO SQUAD SHIELD

Every superhero squad is made up of members with unique skills and powers. All of these skills work together to create a powerful team.

It's time to form your own squad. Decide what skills your team will need and create a shield to represent your squad.

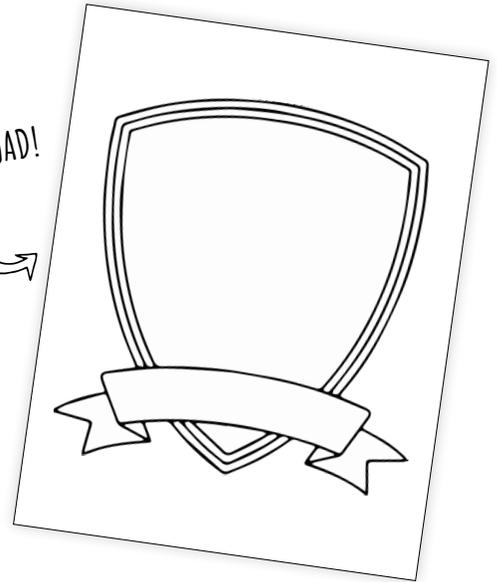
SUPPLIES

- ⚡ Super shield printout
- ⚡ Super squad worksheet (pg. 14)
- ⚡ Coloring utensils

DIRECTIONS

1. Brainstorm the skills that you think will be important for your squad. Use the Super squad worksheet to help you brainstorm.
2. Narrow the skills you chose down to four.
3. Create a shield to represent your squad.
Choose the symbol that best represents each one of the skills.
4. Draw a symbol in each of the four sections of the shield printout. Make sure to add color and decorations.
5. Don't forget to name your new squad! Write your squad's name in the banner across the bottom of the shield. Share your shield with your family, friends, or Girl Scout troop.

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Congratulations! You've completed your Teamwork and Cooperation Skills Training! Don't forget to check them off on your Superhero Identification Card.

SUPER SQUAD WORKSHEET

STEP 1: SKILLS

Circle each skill that you think is important for a superhero squad.
Narrow your skills down to the four you think are most important to use on your shield.

Communication

Cooperation

Hard work

Leadership

Courage

Creativity

Listening

Strength

Responsibility

Problem-solving

Confidence

Honesty

STEP 2: COLOR

Choose a color that best represents your team. Each color has different meanings. Which one do you think best represents your superhero squad? Decorate the outside of your squad's shield using that color.

Red - Good Luck, prosperity, power

Green - Balance, nature, wealth

Orange - Happiness, energy, creativity

Blue - Responsibility, peace, reliability

Yellow - Hope, cheerfulness, courage

Purple - Royalty, imagination

STEP 3: SYMBOLS

Symbols can be powerful—in fact, Girl Scout Troop Crests have been used since Girl Scouts was founded to represent different troops and their characteristics. Choose a symbol to represent each of the skills you choose in step 1. You can choose from the symbols below or create your own!

Communication - Bird

Strength - Sun

Leadership - Elephant

Confidence - Arrow

Listening - Owl

Hard work - Bee

Problem-solving - Key

Creativity - Lightning Bolt

Cooperation - Dolphin

Responsible - Eagle

Courage - Unicorn

Honesty - Star

CONGRATULATIONS!

You've completed your Superhero Academy Training! Print out your Superhero Academy certificate and take the Superpower Squad pledge on the back!

SUPPLIES

- ⚡ Superhero Academy certificate
- ⚡ Pen or pencil

DIRECTIONS

1. Print out the Superhero Academy certificate.
1. Fold along the dotted line.
2. Write your name on the certificate. Have your Troop Leader or parent/guardian sign the certificate.
3. Fill in the blanks on the Superpower Squad pledge on the back.

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Decide how you will use your new superpower skills each day to make others feel super! Write down each of the ways that you will be super on the blank lines. Ex. I pledge to always follow the Girl Scout Promise and Law.