



Mary's Meals

SUPERHEROES

DO SOMETHING SUPER!

Superheroes activity pack



Welcome to our Mary's Meals Superheroes activity pack!

Thank you for joining us to learn more about the power of porridge and how food is changing the story for children in some of the world's poorest communities.

We hope that your young person/people will enjoy watching our Superheroes film and learning about Upile and her friends in Malawi.

We've designed the activities with primary school-age children in mind, and separated out some of the activities to suit younger (age 5-7) and older (8-11) children. However, please feel free to use these activities to suit you and your children best. You can download as many activity worksheets as you need from the Mary's Meals website. We've also suggested some ways you might like to get involved in the work of Mary's Meals and help to bring hope to children like Upile and her friends.

We hope you have a great time watching and sharing the film and being your own kind of superheroes as you work through this activity pack, We'd love to hear how you get on!

Thank you!
Mary's Meals

Mary's Meals Superheroes: The Film



Tip: Check you have what you need to stream the film during the lesson. It might be a good idea to try it out in advance! If you're having trouble accessing the films, please get in touch: ireland@marysmeals.org

Activity and discussion questions

Upile lives in a country called Malawi, which is in southeast Africa. Upile and her family don't always have enough food to eat at home but when she goes to school, she has porridge from Mary's Meals, which makes her feel better for her day in class.

In the film, we saw all the different superpowers that Upile and her friends got from eating their daily mugs of Mary's Meals porridge.




Questions

- 1 What superpowers did Upile get from eating the porridge?
- 2 How do you feel when you are hungry and you have something to eat? Do you remember a time when you didn't feel able to do something because you were too hungry or tired?
- 3 If you could have any superpower, what would it be and why?

Activity

- Colouring sheet (suggested for 5-7 age group)
- Wordsearch (suggested for 8-11 age group)



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Key words

energy
food
hero
hungry
malawi
mug
porridge
power
superpower
upile

d	p	h	l	p	v	n	v	e	d	d	e	t	k	u
o	a	s	x	o	k	o	a	q	r	s	r	v	r	a
s	e	n	e	r	g	y	u	r	k	r	k	k	o	k
x	a	u	i	r	q	y	n	r	t	o	h	e	r	o
u	f	o	m	i	f	a	c	i	v	o	y	v	r	o
d	d	d	d	d	d	d	d	s	d	v	u	d	d	u
g	h	u	n	g	r	y	n	u	m	d	m	d	m	h
e	o	p	e	e	e	e	e	p	e	m	e	e	e	e
q	g	i	g	c	a	g	b	e	x	e	f	a	x	q
p	d	l	d	d	d	d	d	r	d	x	s	o	d	d
o	x	e	a	r	y	g	t	p	e	d	e	j	o	d
w	a	e	a	a	u	a	a	o	a	e	w	s	f	d
e	c	a	q	m	a	l	a	w	i	a	f	g	i	a
r	h	c	c	t	h	a	z	e	p	i	s	k	o	p
v	d	a	s	d	j	t	a	r	c	v	c	s	w	a

Mary's Meals Superheroes: Meet Upile



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Activity and discussion questions

When Upile grows up, she wants to be a nurse so she can help people who are sick. There are lots of different ways you can help people, like making your friends feel happy when they are sad, or helping children like Upile have enough food to eat when they are hungry. And helping people is a special kind of superpower!

Questions

- 1 What superheroes do you like from television and film, what do you like about them?
- 2 Do you know any real-life superheroes?
- 3 What ways do you like to help people?

Activity

- Design your own superhero mask

Mary's Meals Superheroes: The Poem



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Activity

Crispin and Upile wrote this poem to explain why eating Mary's Meals makes them feel like they are superheroes.

Activity

- You could write your own poem, maybe about why you would like to be a superhero. Or about how Mary's Meals porridge makes children like Crispin and Upile feel. Or about someone you know who you think is a superhero.

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S _____
U _____
P _____
E _____
R _____

Superheroes acrostic poem sheet

If you'd like some help getting started, you can write a special kind of poem (called an acrostic) using this template provided on the activities sheet.

Over to you!

Here are a few ideas that might help you get started, but please also use your superpower of creativity to dream up your own ways to support Mary's Meals.



The Power of Prayer

Lots of people say prayers for our work. If you like to pray, you could join them and pray for the children who receive Mary's Meals and all the people who work together to help serve the meals for them.



The Power of Time

Ask your friends to spend a few minutes watching the Mary's Meals Superheroes film, so they can learn about Mary's Meals too.



The Power of Fundraising

There are lots of ways to use your skills to help Mary's Meals. Are you a good baker, or really good at dancing, or washing cars?

Perhaps you could have a 'dress as a superhero' day at school and send the money to Mary's Meals to buy more meals for children at school in Malawi and around the world?



The Power of Communication

Tell your family what you have learned about Mary's Meals.

Mary's Meals

SUPERHEROES

#FOODCHANGESTHESTORY



**Follow us on social media – we'd love
to see pictures of your superhero
masks, poems and poses!**

The story continues ...
marysmeals.ie