

Kindness is an under-rated superpower. Be kind and cook for a friend, family member or a lonely neighbour...you might just make their day!



Age 14 - 18

Age 3 - 5

Age 5 - 7

Age 7 - 11

### Activity details

This activity counts towards...



- Superhero Adventures

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£	Indoors
Day/Night	

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|---|---|
| <input type="checkbox"/> 11 - 14          | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11  |
| <input checked="" type="checkbox"/> 3 - 5 |   |
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- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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### Skills:

- Accountability
- Communication
- Decision making
- Empathy
- Fine Motor Skills
- Imagination
- Independence
- Leadership
- Organisation
- Problem solving
- Research
- Resourcefulness
- Teamwork
- Time management

### Equipment: