

# Be a soup-er hero and help out at a soup kitchen/homeless shelter or volunteer at your local food-bank



Age 14 - 18

## Activity details

This activity counts towards...



- Superhero Adventures

Free                      Indoors/Outdoors  
Day/Night

- |                                  |   |
|----------------------------------|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input type="checkbox"/> 5 - 7   | <input type="checkbox"/> 7 - 11             |
| <input type="checkbox"/> 3 - 5   |   |

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |

### Skills:

- Communication
- Decision making
- Empathy
- Flexibility
- Independence
- Mental Health Awareness
- Research
- Responsibility
- Teamwork

### Equipment: