



Activity 3

My Heroes

During Lockdown, every Thursday night at precisely 8 o'clock, the nation would gather on their doorsteps to clap.

Part One

Have you got your paper ready? Good, then let's begin!

Question: Do you know who we were all clapping for? Write down your answer!

Question: When you went outside to clap...

What did you hear?

What did you see?

Write down your answers and help paint the picture with your words of what it was like at 8 o'clock on a Thursday night on your street.

If you have some photographs or video of what it looked and sounded like, please send these to us too!

Part Two

The nation saw the NHS staff as heroes. The NHS staff have been described as heroes for all the hard work they have been doing to save lives.

We often think of heroes as having special powers like superheroes such as... Spiderman!

Question: During lockdown who were the heroes in your life and what superhero deeds did they do to make them your superhero? Write down your answers.

For example:

My Grandad for living all alone but staying so positive

My new baby sister for arriving safely and joining our family, which made us all happy

My Dad for becoming an amazing teacher

Part Three

Pick one of your superheroes and draw a picture of that person in their full superhero costume. Or, send us a photograph.

Part Four

Let's imagine that we could make a film about our chosen personal superhero! Every film needs some music and a soundtrack which helps to tell the story.

Just like the nation clapped for the NHS, we are going to clap for our personal heroes. But we are going to do things a bit differently....

Are you ready? Have a go at clapping this rhythm:

2 claps (Pause)

4 claps (Pause)

6 claps (Pause)

8 claps (Pause)

2 claps (Pause)

Guess what you've just done...? You have clapped the rhythm for a Cinquain poem! Yes, a Cinquain Poem. This is a special little poem which comes with a few rules...

The rules of a Cinquain Poem:

Rule 1: A Cinquain Poem is 5 lines long

Rule 2: A Cinquain Poem has 2 syllables in the first line, 4 in the second line, 6 in the third line, 8 in the fourth line, and just 2 in the last line... (exactly what you just clapped!)

Rule 3: Cinquain Poems do not need to rhyme... but if you do want to include rhymes you can!

Take a look at what you have already written down about your personal superhero and perhaps you can think of some more things too! Sticking to the Cinquain Poem rules, have a go at writing your own Cinquain Poem about your Superhero.

For example:

2 Mummy

4 You are so strong

6 Home schooling and working

8 Cracking jokes when things weren't funny

2 Love you

Tip 1

We recommend you count your syllables out on your fingers as you come up with your lines!

If you find your line has too many syllables or too few syllables, try again! Perhaps you just need to change some of your words to make it fit.

Remember your Cinquain Poem must always have the right number of syllables: 2, 4, 6, 8, 2.

Tip 2

Once you have written your Cinquain Poem, read it back to yourself again.

- Are you happy with it?
- Is it good enough?
- Does the poem say what you want it to say about your superhero?

Very few poets get it right first time. So, if you think you can do better, have another go!