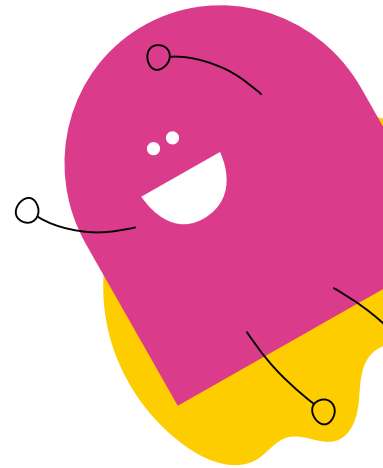
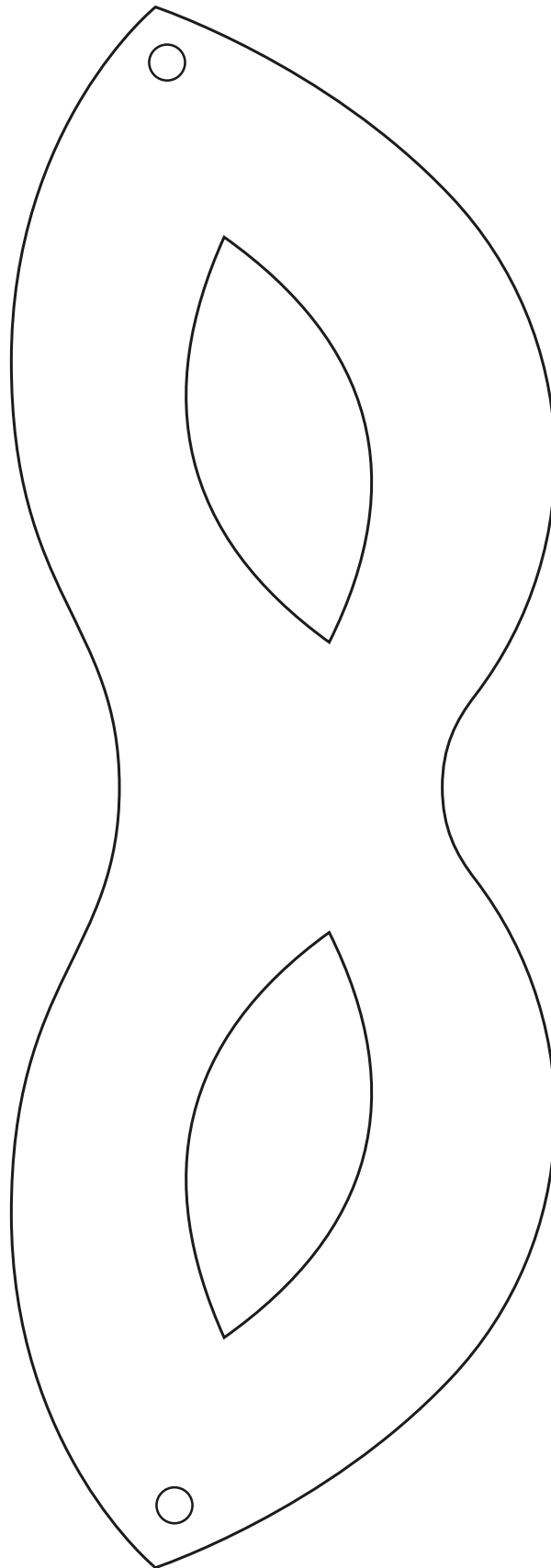


**Can you help me?**

Is it a bird? Is it a plane? No, it's Brock! Put on your best super cape and get ready to save the day.



The Super Seven's  
**SUPERPOWERS**  
**ACTIVITY PACK**



**Cut me out!**

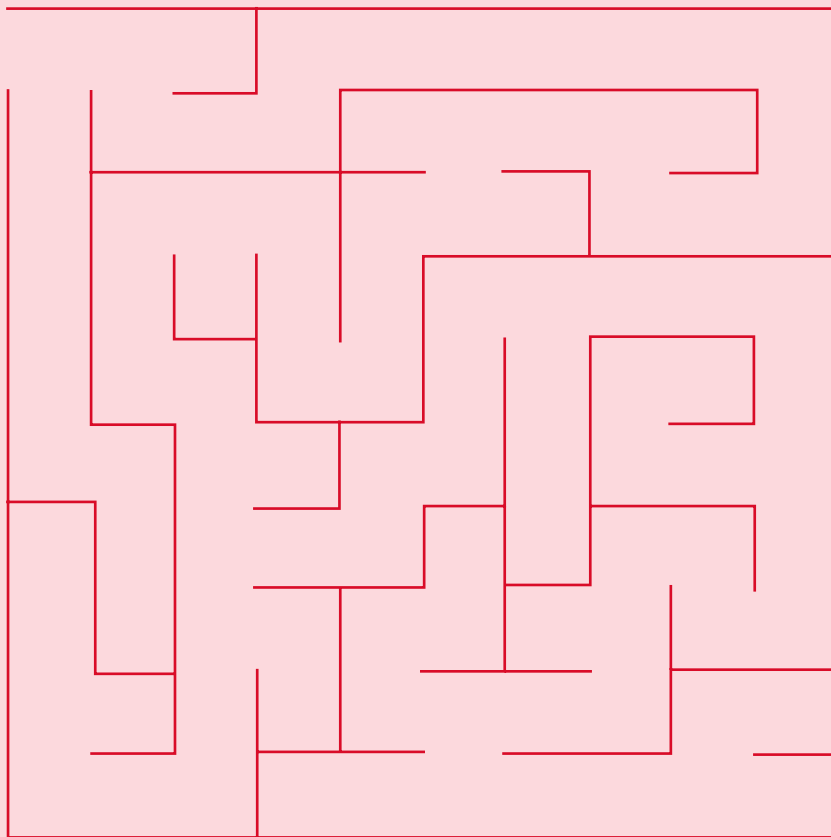
Colour in your ultimate superhero mask and cut it out (with help from a grown up!) to wear.



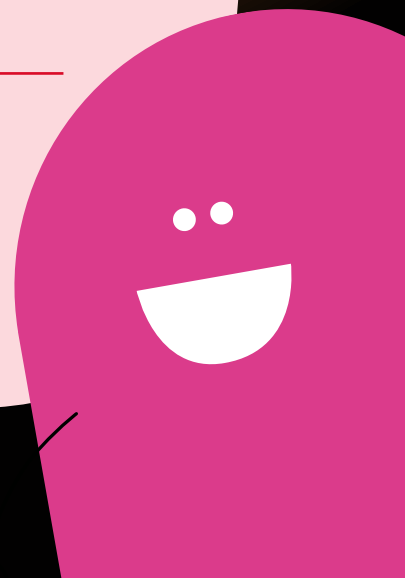
## Superpower Maze

### Can you save my friend?

Oh no! My friend is in trouble.  
Can you help me save Zen?

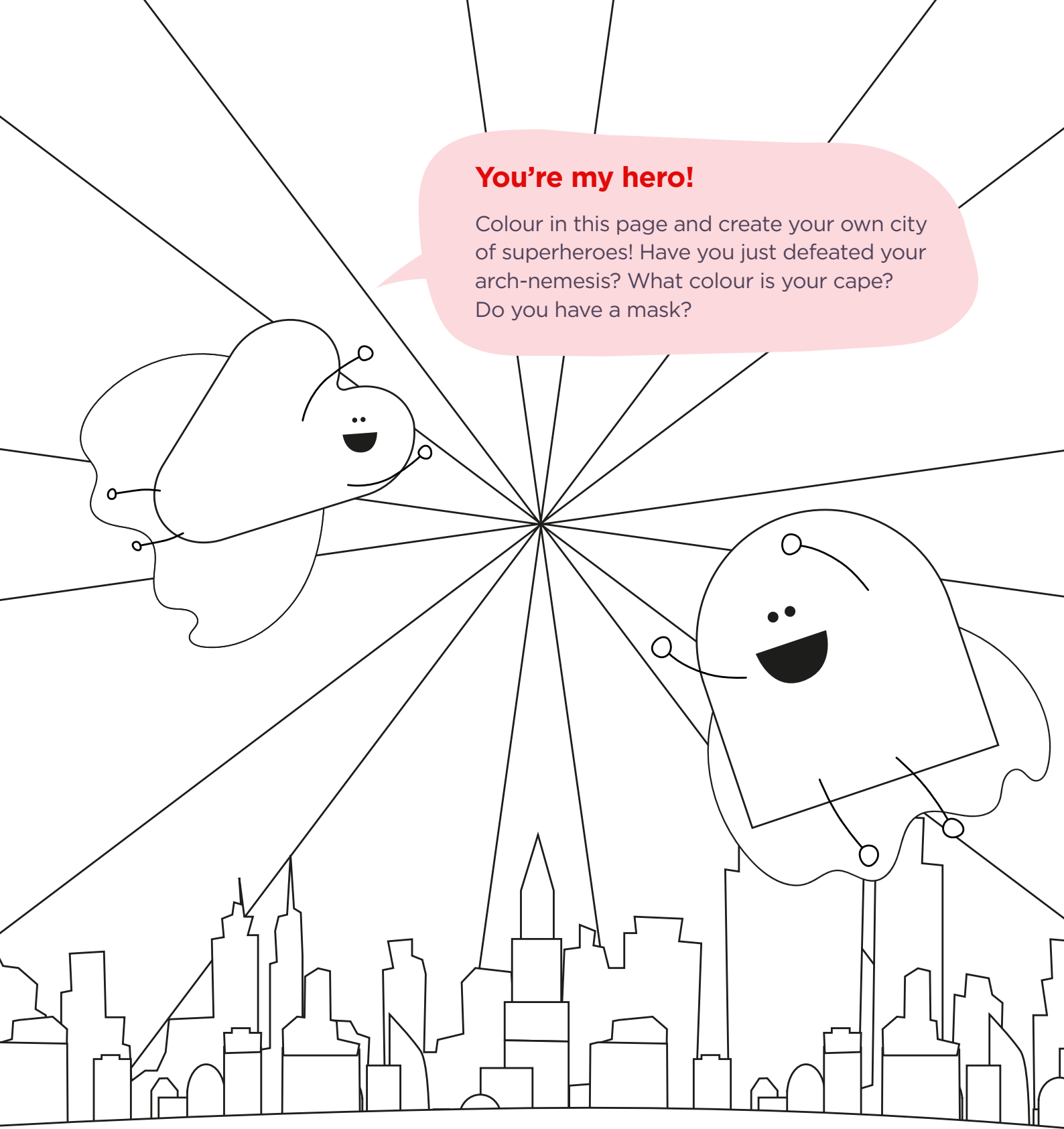


Well done that was super!  
Remember, your superpowers  
work even better when you  
eat your greens.



## You're my hero!

Colour in this page and create your own city of superheroes! Have you just defeated your arch-nemesis? What colour is your cape? Do you have a mask?



### How can you help?

Think of 4 ways you can help save the planet. Write them or draw them.

#1

#2

#3

#4

Wow! That was thirsty work.  
Remember to stay hydrated!

