

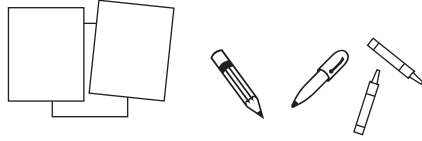
ART LAB AT HOME!

DESIGN YOUR OWN SUPERHERO



Sometimes in turbulent and unpredictable times, we need role models who can remind us of our ability to overcome difficulties. Superheroes inspire us to become better versions of ourselves and remind us to help take care of each other. This activity encourages you to think about your own potential and how you can help solve issues in your community. *This activity is adaptable for beginners to experts and is great for individuals, groups, and families to work on together at home.*

MATERIALS



Drawing supplies, like paper, pencil, colored pencils, markers, and/or crayons



Your imagination!

INSTRUCTIONS

1.

Using drawing supplies of your choice, dream up a superhero and design their costume. Draw them in their costume and in action. Include as many details as you can think of.

2.

Create the story of your superhero. Draw and/or write about their story. Answer some of these questions throughout your story:

- What is their name?
- What are their superpowers?
- Where is their secret hideout?
- What do they do to help their community?

3.

Share your artwork on social media with #ICAartlab or email us your photos at familyprograms@icaboston.org. You can also share a photo of someone who is a superhero to you! Maybe your mom, dad, aunt, brother, friend, neighbor, etc. There are many anonymous superheroes out there and we want to give you a space to celebrate them!



ACRYLIC WOMAN

SUPERPOWER:

Everything she paints becomes real!

HIDEOUT:

Somewhere near the ICA

Acrylic Woman paints schools, hospitals, and daycare centers for the community. Lately, she has been painting masks, food, and art kits for families!