



Be a
SAFETY
Superhero

TexasMutual[®]
WORKERS' COMPENSATION INSURANCE

Superhero-in-Training Activity Book

Hey kids!

How would YOU like to be a SAFETY SUPERHERO? Well, this is your chance! But before we get started, you probably have some questions, like:

Who are the Safety Superheroes?

Good question! The SAFETY SUPERHEROES are a lot like the superheroes you see in comic books and on TV. Only this team makes the world a SAFER, HEALTHIER place!

Neat! What do I have to do?

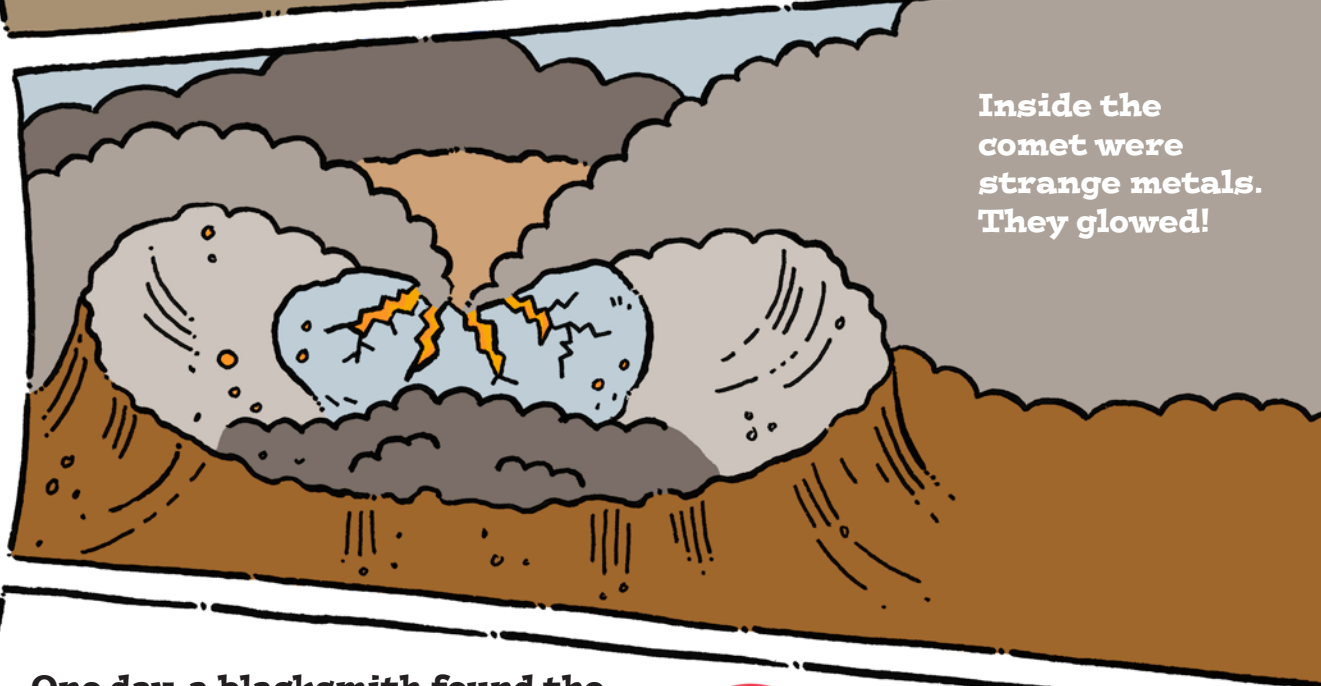
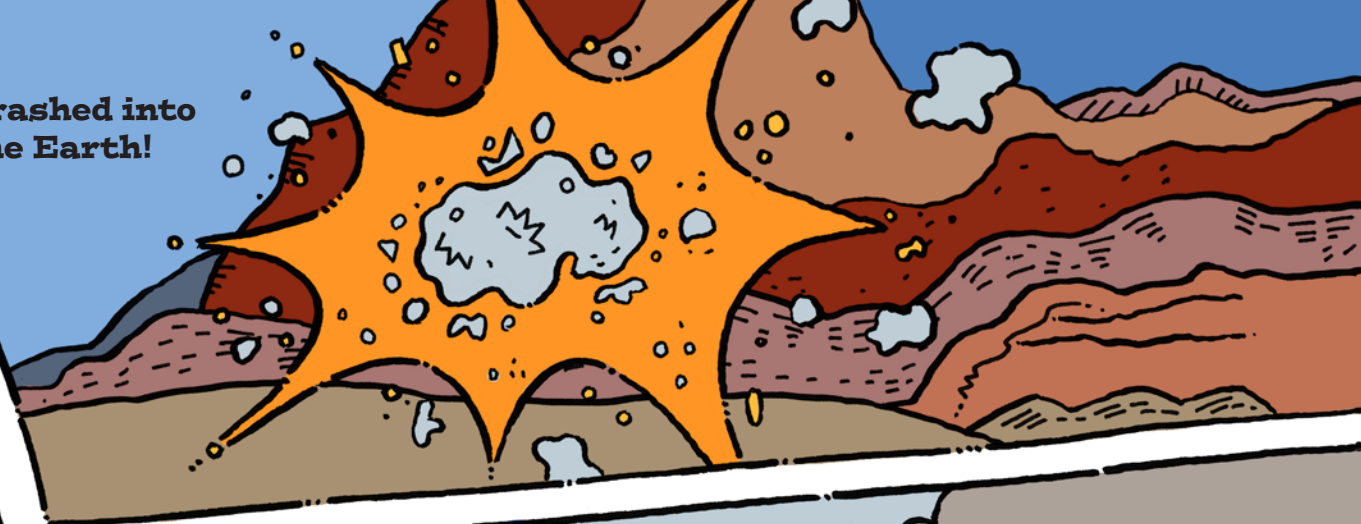
Your mission is to complete the super challenges and reach the 4 levels of the Hero Ladder: SUPER CITIZEN, SUPER HELPER, SUPER SIDEKICK and SAFETY SUPERHERO!

Are you ready? Great! LET'S BEGIN!

Long ago, a huge comet from outer space...

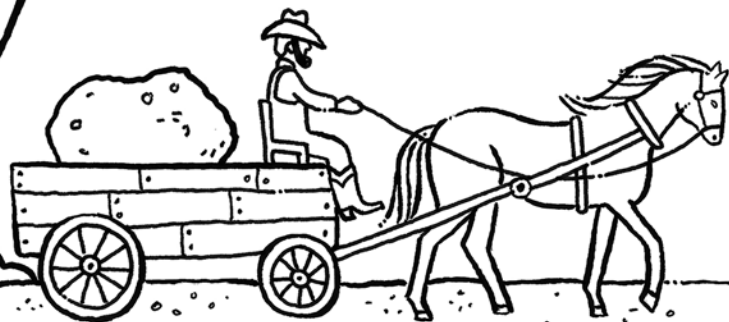


...Crashed into
the Earth!

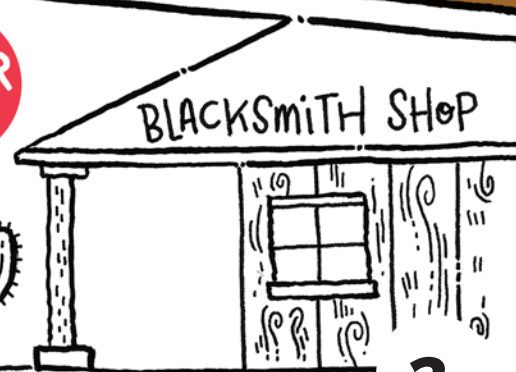


Inside the
comet were
strange metals.
They glowed!

One day, a blacksmith found the
comet and took it to his shop.



Color
Me!



Using his hammer,
he turned it into 4
powerful shields!



Together, they
were known as
**THE SAFETY
SHIELDS!**

The **GREEN SHIELD** had
the power of health.



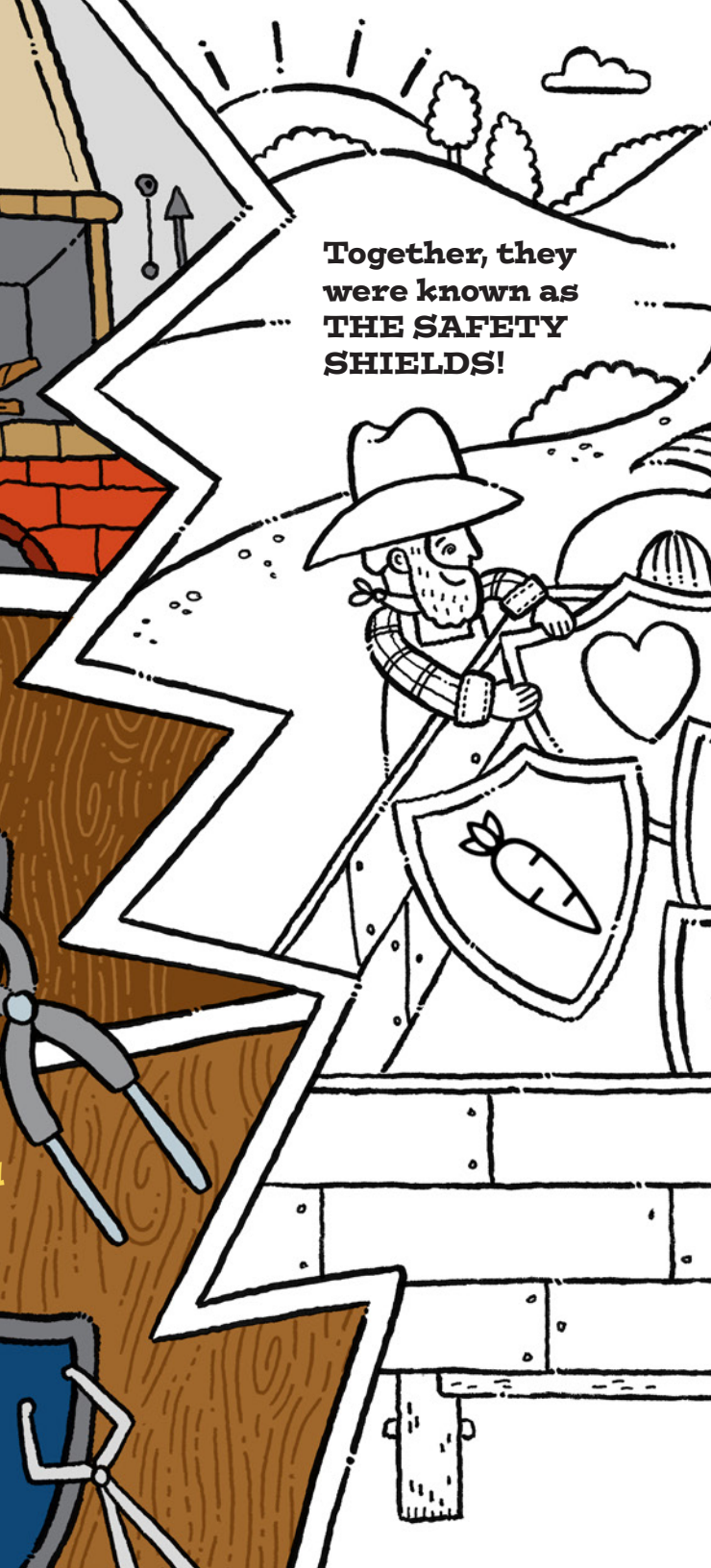
The **SILVER & BLACK SHIELD**
had the power of strength.



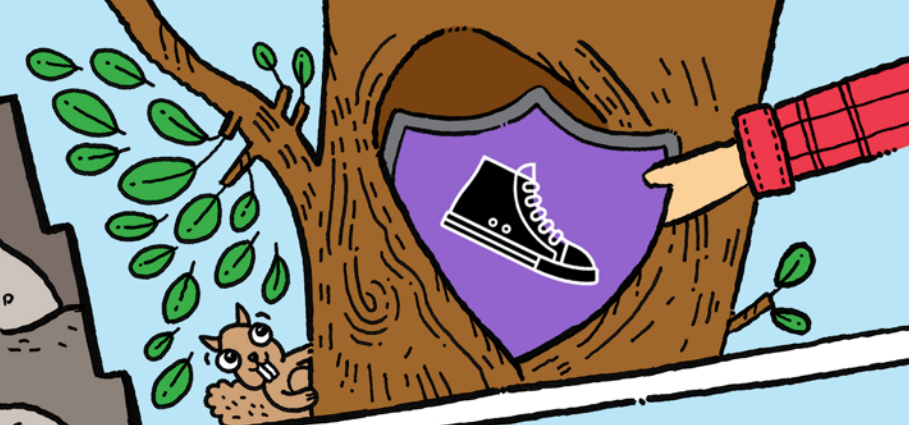
The **RED SHIELD** had
the power of heart.



The **BLUE SHIELD** had
the power of safety.



The Safety Shields were separated...



Color Me!

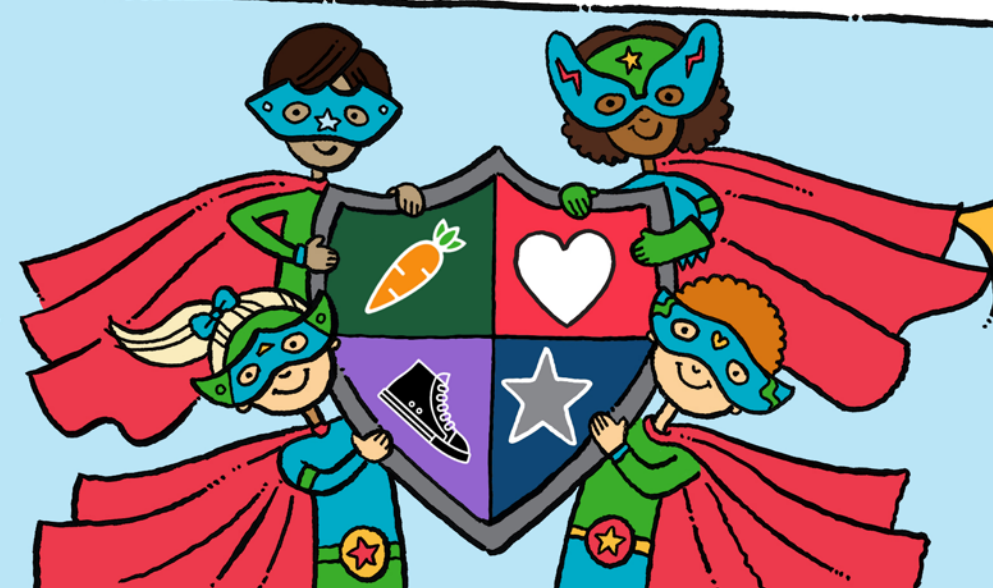
So that their power could spread around the world!



Now YOU can receive the POWER OF THE SHIELDS by completing the SUPER CHALLENGES. Then you can join...

The Safety Superheroes!

We can't wait to have YOU on the TEAM!



LEVEL 1:
**SUPER
CITIZEN**
QUEST:
HEALTH

The Power of **HEALTH**

Super Fact

If you want to be super strong, you'll need to feed your muscles. That means eating healthy **PROTEINS** like lean meats, fish, beans, nuts, milk, yogurt and cheese!

FOOD is FUEL for your body. And since SUPERHEROES need SUPER fuel, this is your **FIRST CHALLENGE**:

Fill in the blanks on the opposite page with healthy menu ideas for **BREAKFAST, LUNCH, SNACK TIME** and **DINNER** (and if you need help, ask a grown-up.)

By completing this challenge, you'll reach the level of **SUPER CITIZEN**.

GOOD LUCK!



Challenge:

In the blanks below, write a list of HEALTHY FOODS for each meal. Then ask your parent or another grown-up to help you MAKE one of the MEALS in the kitchen! It's a SUPER FUN way to get SUPER HEALTHY. You can do it!

Color Me!

Breakfast



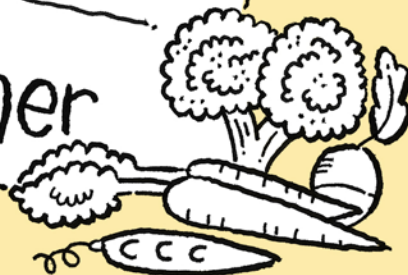
Lunch



Snack



Dinner



You now have the power of the GREEN SHIELD. Great job, SUPER CITIZEN!

LEVEL 2:
**SUPER
HELPER**

QUEST:
STRENGTH

The Power of **STRENGTH**

Exercise makes you **RUN** faster, **JUMP** higher and **FEEL** happier. It can even help you get **BETTER GRADES!** This is why superheroes get plenty of **EXERCISE** every day.

Your challenge is to do the exercises shown on the opposite page. And to make it even more fun, ask a friend or family member to join you!

By completing this challenge, you'll reach the level of **SUPER HELPER**.

GOOD LUCK!

Super Fact

Did you know that you use 200 different muscles when you take a single step? And that you'll probably walk more than 100,000 miles in your lifetime? That's like walking all the way across the United States 40 **TIMES!**



Challenge:

To complete the challenge, do the following exercises.
(Remember to be careful and if you need help, ask a grown-up.)

1

Move Your Feet

With a grown-up's help, find a safe place to walk, run, bike or dance for at least 15 minutes a day. Do this every day for 5 days.



COLOR Me!



2

Move Your Hands

Bounce a ball 20 times in a row with each hand without stopping. Practice this every day for 5 days.

3

Move Your Body

Do 10 jumping jacks, 10 push-ups or 10 sit-ups every day for 5 days. Or if there's a different exercise you like, do that instead. The important thing is to keep MOVING and have FUN!



You now have the power of the SILVER & BLACK SHIELD. Way to go, SUPER HELPER!

LEVEL 3:
**SUPER
SIDEKICK**
QUEST:
HEART

The Power of **HEART**

The HEART is a superhero's most IMPORTANT muscle. It pumps blood to every part of your body. You'll find lots of ways to keep your heart SUPER HEALTHY in the POWER OF HEART SUPER BINGO CHALLENGE!

By completing this challenge, you'll reach the level of SUPER SIDEKICK.

GOOD LUCK!

HA HA HA!

Super Fact

What did one VOLCANO say to the OTHER VOLCANO? I LAVA you with all of my HEART! Ha! If you like JOKES, then here's some great news - LAUGHING is HEALTHY for your heart! So LAUGH OUT LOUD - it's good for you!


Color Me!



Challenge:

The spaces on this BINGO card are filled with heart-healthy activities. As you do each one, mark a ♥ through that square. When you've crossed out all of the squares, yell "SUPER BINGO! I'VE GOT THE HEART OF A HERO!" You can do it!

SUPER BINGO!



Being social is healthy, so write a letter to someone you like to make them smile.

Eat a healthy snack.

Remind someone that smoking and vaping are bad for their heart.

Read a nutrition facts label with an adult.

Be physically active for 30 minutes or more.

Go for a walk or take a bike ride.


Tell someone 5 good jokes.



Eat 3 kinds of vegetables.

Eat 2 kinds of fruit.

Have a whole grain cereal for breakfast.

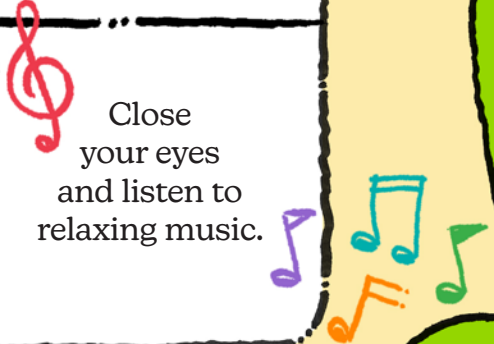


Dance for 10 minutes.

Go a whole day without a sugary drink.

Take 10 deep breaths.

Get at least 8 hours of sleep.



Close your eyes and listen to relaxing music.

You now have the power of the RED SHIELD. You're doing great, SUPER SIDEKICK!

LEVEL 4:
**SAFETY
SUPERHERO**
QUEST:
SAFETY

The Power of **SAFETY**

Keeping people SAFE is what heroes do BEST!
On the opposite page, you'll find 5 common SAFETY HAZARDS. Your challenge is to SPOT each of them and WARN a friend or family member to KEEP THEM OUT OF DANGER!

By completing this challenge, you'll reach the level of SAFETY SUPERHERO!

GOOD LUCK!

Super Fact

Wearing a SEATBELT in the CAR helps keep you and others SAFE. And every time you click, you're reminding GROWN-UPS to buckle up, too!

COLOR
Me!



Challenge:

Spot each of these common HAZARDS and warn a friend or family member to BE CAREFUL. As you FIND each one, CHECK it off the list (but don't stop looking - heroes are always on guard for DANGER!)

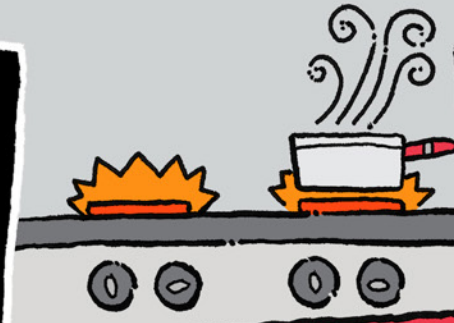


Be on the Lookout for These Safety Hazards

1

Fire and Hot Surfaces

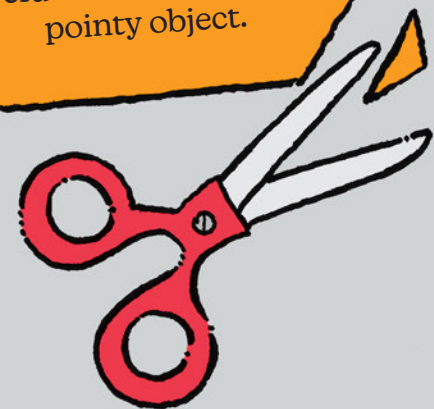
Warn someone about something that might burn them.



2

Sharp Objects

Remind someone to be careful around a sharp or pointy object.



3

Falling Objects

Let someone know about an object that could fall on them from a high place or a stack of objects that might fall over and hurt them.



4

Tripping or Slipping Hazards

Warn someone about something they might trip over or slip on.



5

Using a Cell Phone While Driving

Remind a driver that it's dangerous to use a cell phone in a moving car.

You now have the power of the BLUE SHIELD. Congratulations, SAFETY SUPERHERO!

Be a Hero: YOUR FINAL CHALLENGE!

Create Your Identity

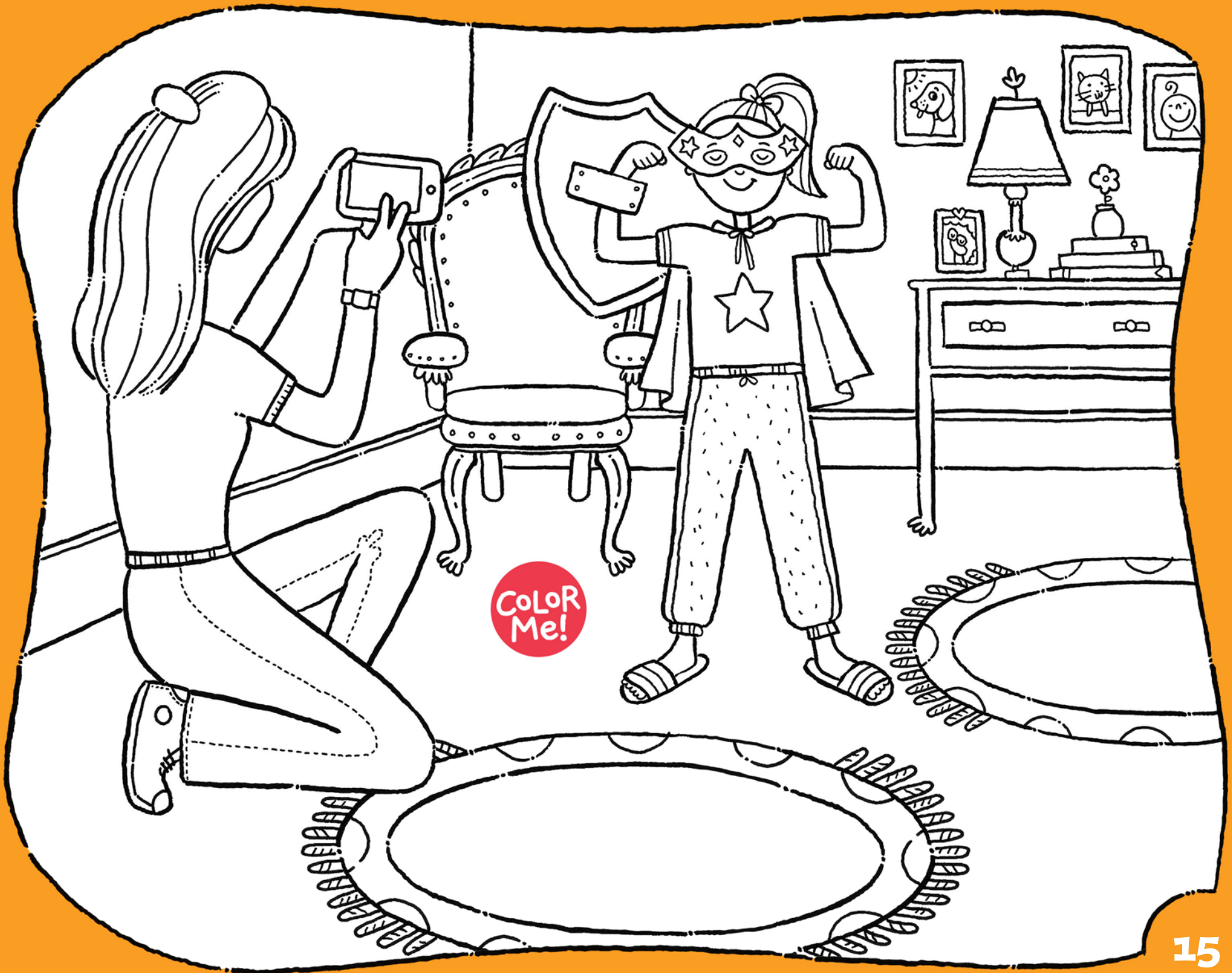
Give yourself a SUPERHERO NAME, then COLOR and DECORATE the EYE MASK in this kit. Your kit also includes a Safety Superhero cape! (Always make sure the cape isn't tied too tightly around the neck and be careful not to trip over the cape.)



Complete Your Costume

Add a matching T-shirt and pants, or use poster board or cardboard to create a shield. Remember, your greatest SUPERPOWER is your IMAGINATION!





CoLoR Me!

Hey grown-ups! As the state's largest workers' comp insurance provider, Texas Mutual Insurance Company cares about the future. We created The Safety Superhero kit to help tomorrow's workers understand the importance of safety. At Texas Mutual, we're doing all we can to prevent accidents, and build a stronger, safer Texas for families like yours.

TexasMutual[®]
WORKERS' COMPENSATION INSURANCE

Color Me!

