



BACK TO SCHOOL

ACTIVITY KIT

Hello, Super Technovator!

Welcome to the Super Sema Back to School Technovator Kit! Made just for YOU, it's packed with cool stuff to help you get ready for all the awesome experiences a new school year brings: fantastic friendships, unexpected inspiration, and of course lots of learning! Whether math, reading, science, art, or physical education is your favorite, Super Sema is here to help you technovate your hopes and dreams for the year!

Get ready for lots of adventure with Super Sema -- and an absolutely SUPA school year!

Happy Technovating!

Your Super Friends,
Magda, Lulu, Marri, Jess, Vanessa, Sly, and Claudia!

[CLICK HERE OR SCAN THIS QR CODE TO PRINT ALL MATERIAL](#)



SING-ALONG!

SUPER SEMA BACK TO SCHOOL SONG



SCAN TO WATCH



Excited to go back to school and see all your friends and favorite teachers? Sema is too! Celebrate your return to the classroom with Super Sema's Back to School song on repeat!



Scan QR code and listen to our curated Super Sema playlist for a fun family dance party!

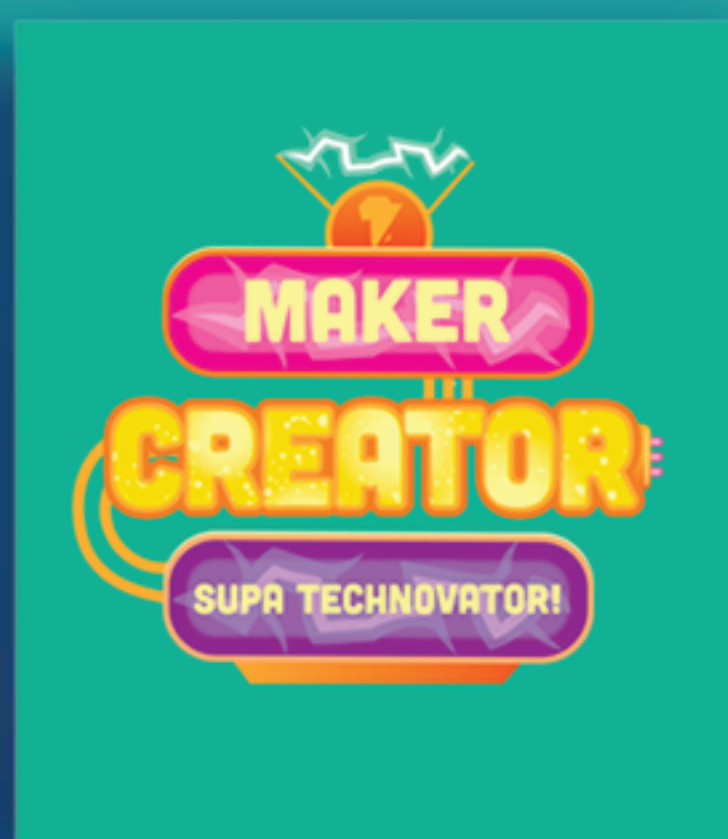
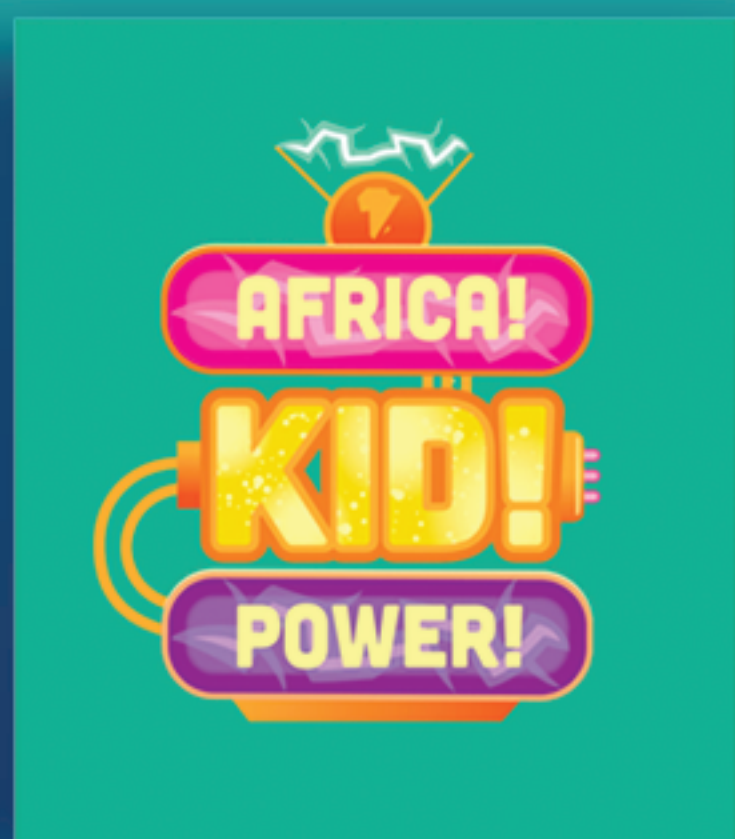
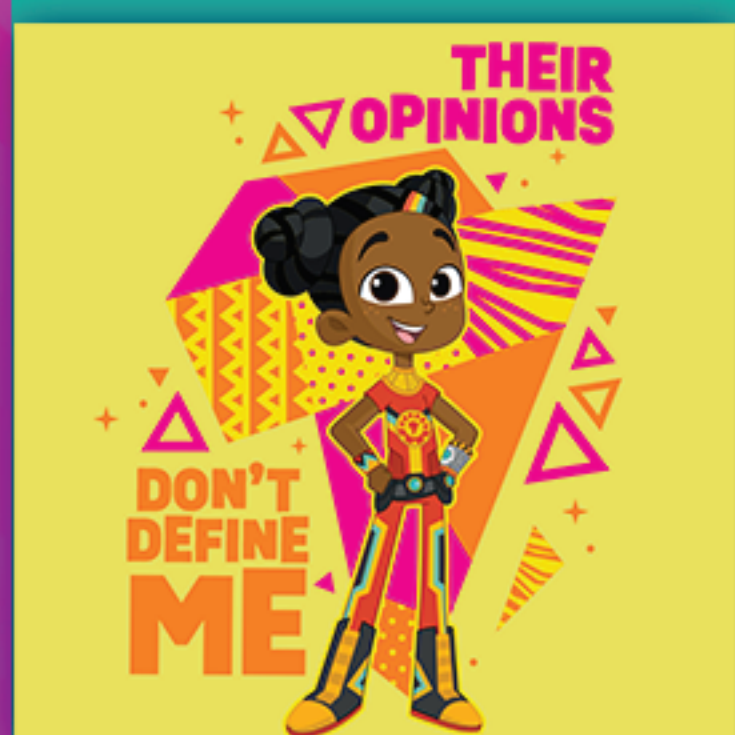


ACTIVITY

SUPA SCHOOL SUPPLIES



Get ready for back-to-school by decorating your notebooks and folders! Cut out the stickers below and stick them on to make your school supplies super cool. Arrange the stickers in fun patterns, draw or paint to complete your design, and show off your personalized school gear to your family and friends. Have a fantastic time getting ready for the new school year!



WATCH

NEW GIRL



SUPER SEMA

SCAN TO WATCH



Returning to school is so much fun, but big changes can sometimes be tough too. At least that's the case for Makeba, who just moved to Dunia and feels really shy when it comes to making new friends. Good thing she has Super Sema to show her that it's okay to be different. What makes you different is what makes you special!



ACTIVITY

MY MANTRA POSTER

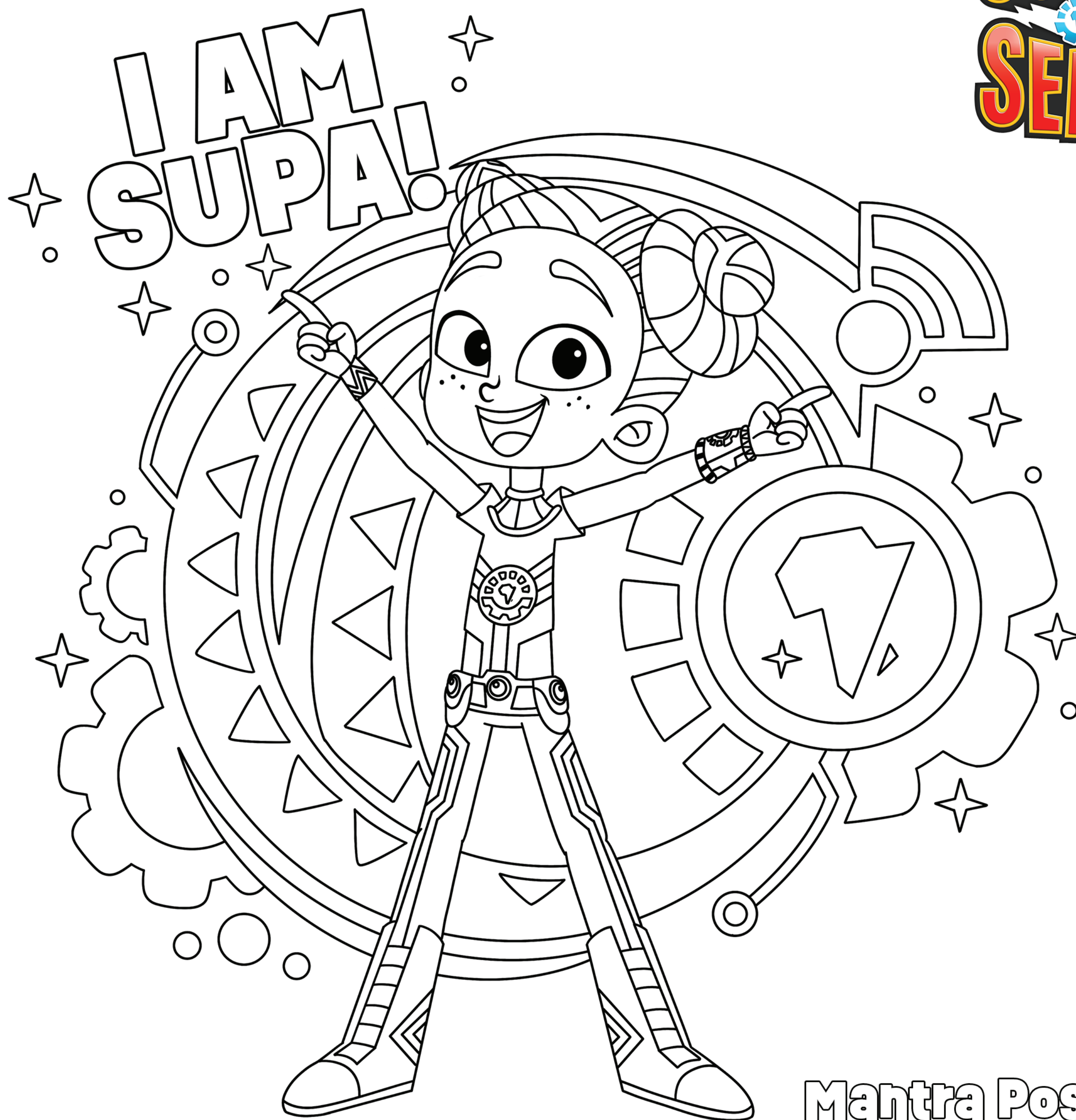


Being optimistic is a superpower! When things are tough, Super Sema says, "Never say never!" That's her special positive talk, called a mantra, and you can have one too. Think about what you would want to tell yourself when you face a really hard challenge at school, or when you want to remind yourself how powerful you are.



What will YOUR inner superhero say? For example, you could say, "I can do it!" or "I won't give up!" Once you know what you want to tell yourself, color the poster below and write your mantra in the space provided. Then hang it up in your room as a daily reminder!





Mantra Poster

SING-ALONG!

AFFIRMATION SONG



**SUPER
SEMA**

I AM AFFIRMATIONS SONG

SCAN TO WATCH



Start school on the right foot with super confidence! Repeat the positive “I am” affirmations after Sema in this catchy song that will leave you feeling SUPA about yourself and ready to take on the day!



ACTIVITY



MY SELF-LOVE JAR

This activity is all about celebrating YOU and how awesome you are! Every day, you'll pick an affirmation, read it aloud, and feel confident and happy. This jar will remind you that you are unique, lovable, and super special!

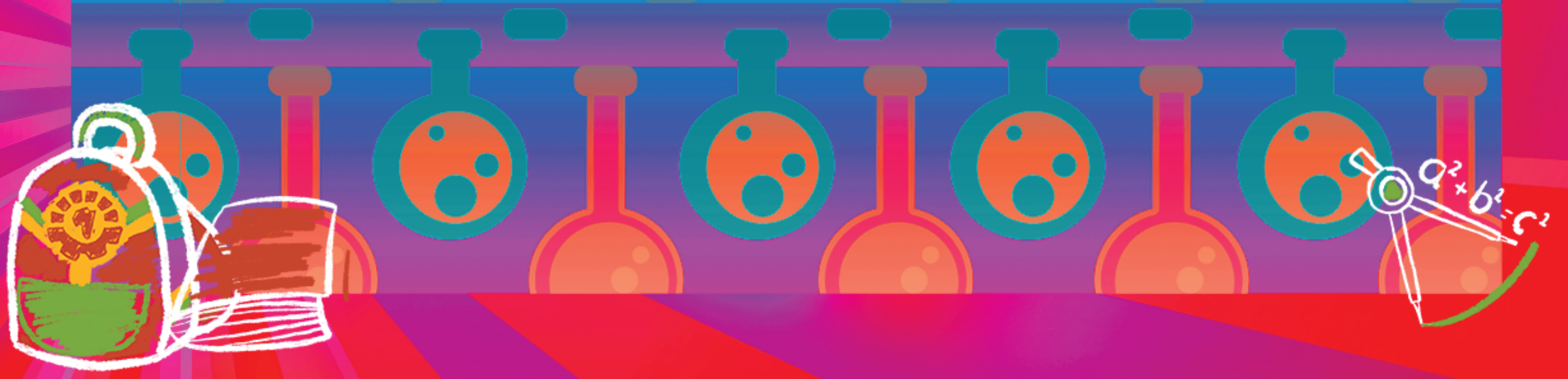
Materials needed:

- A mason jar or any other clear jar
- Decorative stickers or tape.
- Scissors



Instructions:

1. Start by decorating the outside of your jar with paint, stickers, glitter, or whatever you like. Make it your own!
2. Cut out the paper with the affirmations into small strips.
3. Fold each strip of paper and place it inside the jar.
4. Pull out one affirmation each day and read it aloud, with the help of a grown-up if needed! How does reading the affirmation make you feel?
5. Put aside your favorites in a special place to return to whenever you need a confidence boost or a reminder of your worth. Because you're Supa!





DAILY AFFIRMATIONS

I am powerful

I've got what it takes

I love myself

I can solve problems

I know right from wrong

My body is strong and beautiful

I am courageous

I can make the world a better place

I can put a smile on another person's face

I can change the world

I am always learning

If I fail, I try again

Challenges help me grow

My imagination is unstoppable

I am unique and loveable

I know anything is possible

I can ask for support today

I choose to think positively

There is no one I'd rather be than me

I am right where I need to be

It's ok if not everyone likes me



WATCH & DO

MY SCHOOL YEAR DREAM BOARD



SCAN TO WATCH



With a little imagination, you can solve problems and design spectacular things. Watch as Sema teaches you how to create your very own vision board that can allow you to imagine anything you want and bring it to life.



ACTIVITY

MY SCHOOL YEAR DREAM BOARD



Grab a big sheet of paper, scissors, glue, and some magazines or printed pictures. Think about what you want to achieve in the new school year, like making new friends, studying your favorite subjects, trying out for a new sport, joining a new club, etc. Cut out pictures and words that represent your goals, and stick them on the paper. Add your personal touch with drawings and colors.

Display your awesome vision board in your room, and stay positive and motivated to make your dreams come true! Have a fantastic school year ahead!

