



# CATCH THE STICKY SPLATS!

**You will need:**



**Balloon**

OR



**Bean-bag**

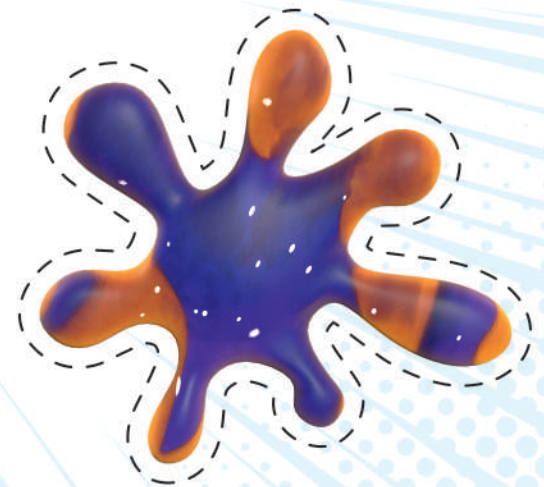
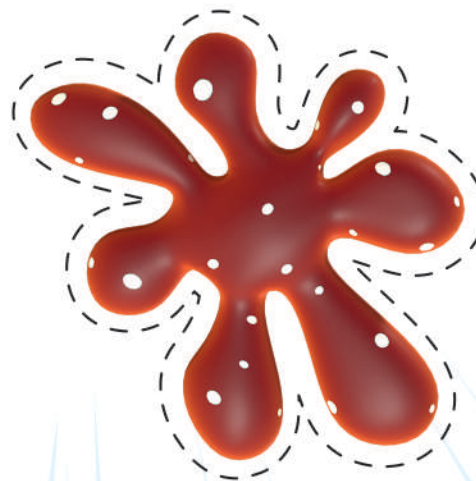
OR



**Socks**

Carefully cut out the Sticky Splats and stick them with sticky tape to the balloon / bean-bag / socks.

With a partner, or in a group, throw the Sticky Splats up in the air – but don't let it touch the ground! Count how many times you can pass it back and forth... then see if you can beat your score!





# BLUE, RED AND GREEN!

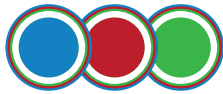
## HOW TO PLAY:

- 1.** Choose your PJ Masks hero and carefully cut out your badge.


Catboy = **Blue**

Owlette = **Red**

Gekko = **Green**



- 2.** Get ready to find objects around the house that match the colour of your hero.

- 3.** Start the clock and start hunting! 

- 4.** Once you've found an object, you need to place it with the badge that matches that color.

- 5.** The hero that gets the **TEN** items first within the time-limit is the winner!







# HUNT THE Ninjalinos!

## HOW TO PLAY:

### 1. Cut-out!

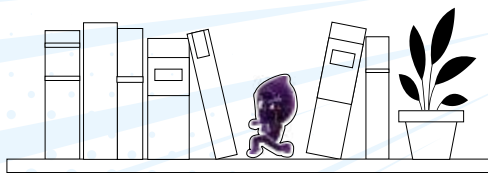
Carefully cut out the Ninjalinos around the dotted line. Remember to ask a grown-up for help.

Print extra Ninjalinos if you need more!

**HINT!** To make the Ninjalinos sturdier, glue them to some card and then cut them out.

### 2. Hide!

Ask someone to hide the Ninjalinos around the house.



**HINT!** Use blue-tack or sticky tape to stick them on walls and behind doors.

### 3. Hunt!

Set the timer! Hunt the Ninjalinos! The hero who collects the most in the time is the winner!





# TIME TO BE A HERO

Earn a stamp for each task you complete! Do your best to get as many as you can !

Name: .....

TIDY MY BEDROOM

TRY A NEW FOOD

DO MY HOMEWORK

BE ACTIVE

BRIGHTEN SOMEONE'S DAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY









































# TIME TO BE A HERO

Ask your parent or guardian to write tasks for you. Earn a stamp for each task you complete!  
Do your best to get as many as you can!

Name: .....

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
						
						
						
						





# TIME TO BE A HERO

Carefully cut out the hero stamps to stick in your chart when you complete your tasks.







# ***YOU'RE A HERO!***



DATE: .....

NAME: .....

Parent / Guardian: .....

GEKKO



CATBOY



OWLETTE





# PJ Dance Party!

## SUPER CAT STRIPES DANCE



Grab some scarves or ribbon and dance to the music!



## SUPER LIZARD GRIP DANCE

Hands in the air then crouch down and touch the ground!



## SUPER OWL WINGS DANCE

Spread your wings and fly through the sky!



## SUPERMOON DANCE



Grab a flashlight and dance in the spotlight of the moon!



## LUNA DANCE

Turn your Luna Magnet into an imaginary guitar and rock out to the music!



## ROBOT DANCE



Transform into a robot and show us your moves!



## NINJA DANCE



Mix jumping jacks with choppy ninja arm moves!



Scan the QR Code to stream PJ Masks music!





# Make Your Move with the PJ Masks

**RUN**  
on the  
**spot!**



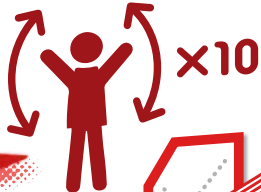
10 secs



**FLEX**  
your  
muscles!



**FLAP**  
your wings!



**FREESTYLE**

**Make your  
own move!**

Write the name  
of your move here



**DANCE**  
like heroes  
with your  
**friends!**



Scan the QR Code to  
stream Make Your Move



# PJ Power Game!



Use your

**SUPER CAT SPEED**

to dress up as your favourite superhero!

Stretch your arms out nice and wide like

**SUPER OWL WINGS**

Test your

**SUPER GEKKO CAMOUFLAGE**

playing a game of 'Hide & Seek'

Use your

**SUPER OWL EYES**

to spot everything RED around you!

**CELEBRATE NATIONAL SUPERHERO DAY WITH THESE FUN PJ POWER ACTIVITIES!**

Take 3 giant leaps using your

**SUPER CAT JUMP**



Close your eyes and use your

**SUPER CAT EARS**

What can you hear around you?

Grab a pillow and lift it high above your head using your

**SUPER GEKKO MUSCLES**

Flap your arms 10 times to practice your

**OWL WING WIND**

**FOR EVEN MORE FUN, ROLL SOME DICE AND SEE WHICH ACTIVITIES YOU LAND ON!**



Test your

**SUPER CAT EARS**

playing a game of 'Simon Says'

Crawl around the room using your

**SUPER LIZARD GRIP**

**WELL DONE!**

You have completed all of the hero missions!



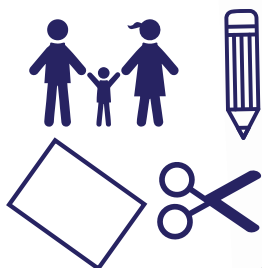




# Action Spinner

Learn the PJ Masks Moves

You will need



- 1 Stick this page onto card and cut out the spinner.
- 2 Push a pencil through the dot in the middle.
- 3 Spin the spinner. Do the action it lands on.

**GOOD LUCK!**





**Time to Draw a Hero!**  
Will it be Gekko, Catboy or Owlette?

**Draw your own Superhero!**  
What superpowers will you give them?







# Superhero Name Generator!



## First Initial

- |                   |                    |
|-------------------|--------------------|
| A. Super          | N. The Most        |
| B. Captain        | O. The Wondrous    |
| C. Professor      | P. The Awesome     |
| D. Doctor         | Q. The Only        |
| E. The Amazing    | R. King/Queen      |
| F. The Incredibly | S. The Hilarious   |
| G. Master         | T. Sergeant        |
| H. Scientist      | U. Prince/Princess |
| I. The Fantastic  | V. The Best        |
| J. The Very       | W. Ultra           |
| K. Miss/Mister    | X. The Invisible   |
| L. The Ultimate   | Y. Agent           |
| M. The Great      | Z. The Magnificent |

## Middle Initial

- |                |              |
|----------------|--------------|
| A. Wacky       | N. Gnarly    |
| B. Speedy      | O. Fluffy    |
| C. Muscly      | P. Green     |
| D. Feathery    | Q. Red       |
| E. Mischievous | R. Blue      |
| F. Silly       | S. Beautiful |
| G. Funny       | T. Fearless  |
| H. Intelligent | U. Cheeky    |
| I. Courageous  | V. Shrinking |
| J. Awesome     | W. Magnetic  |
| K. Inventive   | X. Flexible  |
| L. Kind        | Y. Flying    |
| M. Cool        | Z. Magical   |

## Last Initial

- |              |              |                   |              |                |
|--------------|--------------|-------------------|--------------|----------------|
| A. Boy/Girl  | E. Owl       | J. Slice of Bread | O. Giant     | U. Dinosaur    |
| B. Lost Sock | F. Lizard    | K. Robot          | P. Elf       | V. Marshmallow |
| C. Ninja     | G. Moth      | L. Butterfly      | Q. Gnome     | W. Songbird    |
| D. Cat       | H. Librarian | M. Dragon         | R. Moon      | X. Pencil      |
|              | I. Scientist | N. Ice Cube       | S. Penguin   | Y. Gummy Bear  |
|              |              |                   | T. Bubblegum | Z. Fish        |