TECHNOVATOR KIT

SELF-LOVE

Leeeeeet's Technovate!

SCREENTIME THAT MATTERS

Hello Technovators! In this kit, we're all about self-love.

What is self-love?

Self-love is a special kind of love that you have for yourself. It's about treating yourself with kindness and respect, just like you would treat your best friends. It's about being happy with who you are, even if you make mistakes or things don't always go your way. When you practice self-love, you feel good about yourself, and you have the confidence to try new things and be the best you can be.

How do you practice self-love? You can start by doing things that make you feel good, like playing, spending time with your family, and dressing up in your favorite outfit or hairstyle. For this kit, we focus on the Super Sema episode "Super Hairo", which is all about hair love! Start off by watching the episode and music videos!

Episode: Super Hairo

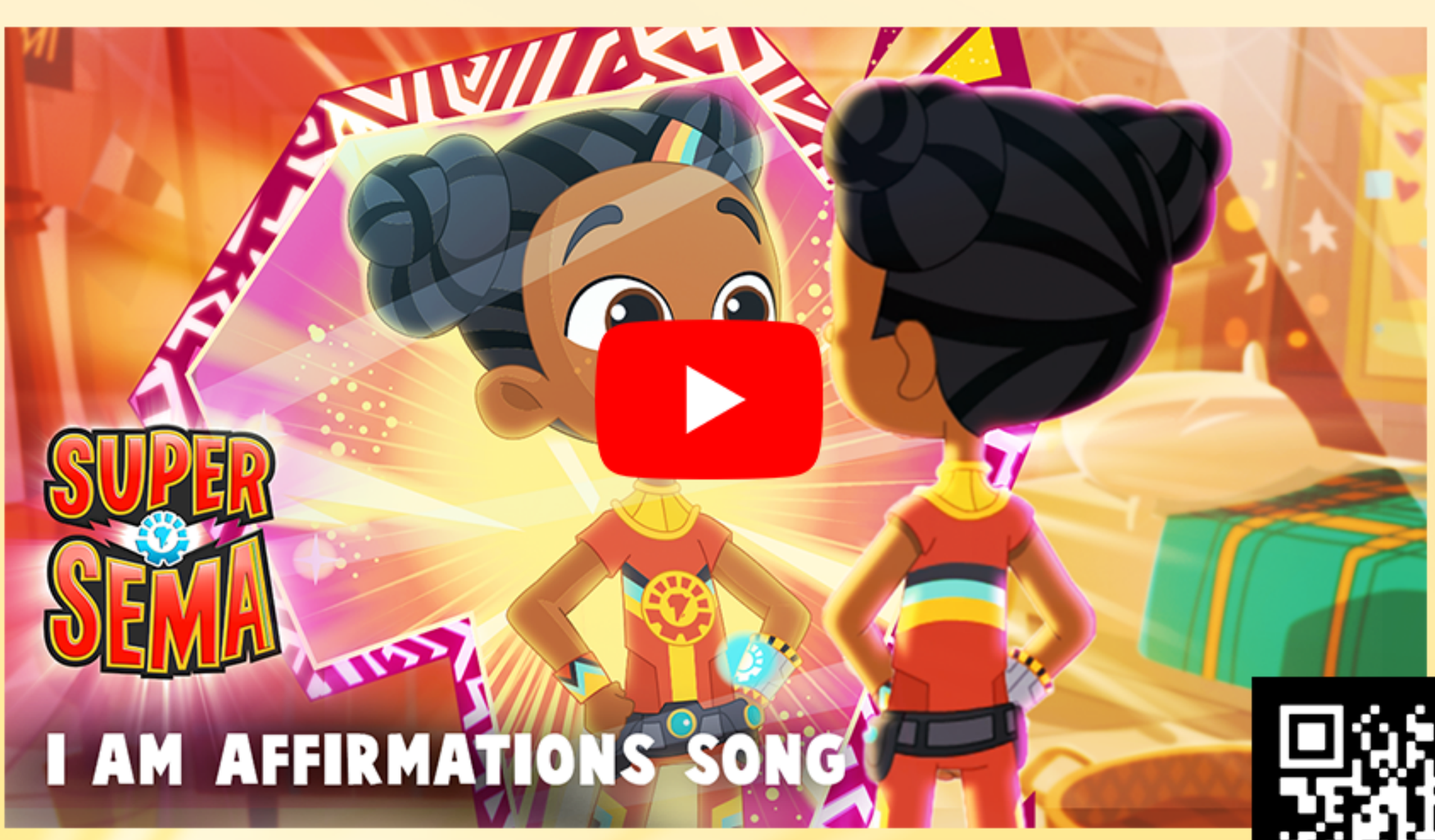
SCAN TO WATCH

Hair Song

SCAN TO WATCH

About This Song: Time for some hair love!! This is the perfect song to celebrate your hair as the beautiful crown it is. Time to dance and sing out loud!! "**I Love My Hair.**"

Affirmations Song



SCAN TO WATCH

About This Song: In this catchy song, we repeat positive "**I am**" mantras. Get ready to dance and sing along with Super Sema -- and feel really good about yourself!

Spotify®

Scan QR Code to listen to our curated Super Sema playlist as you technovate!

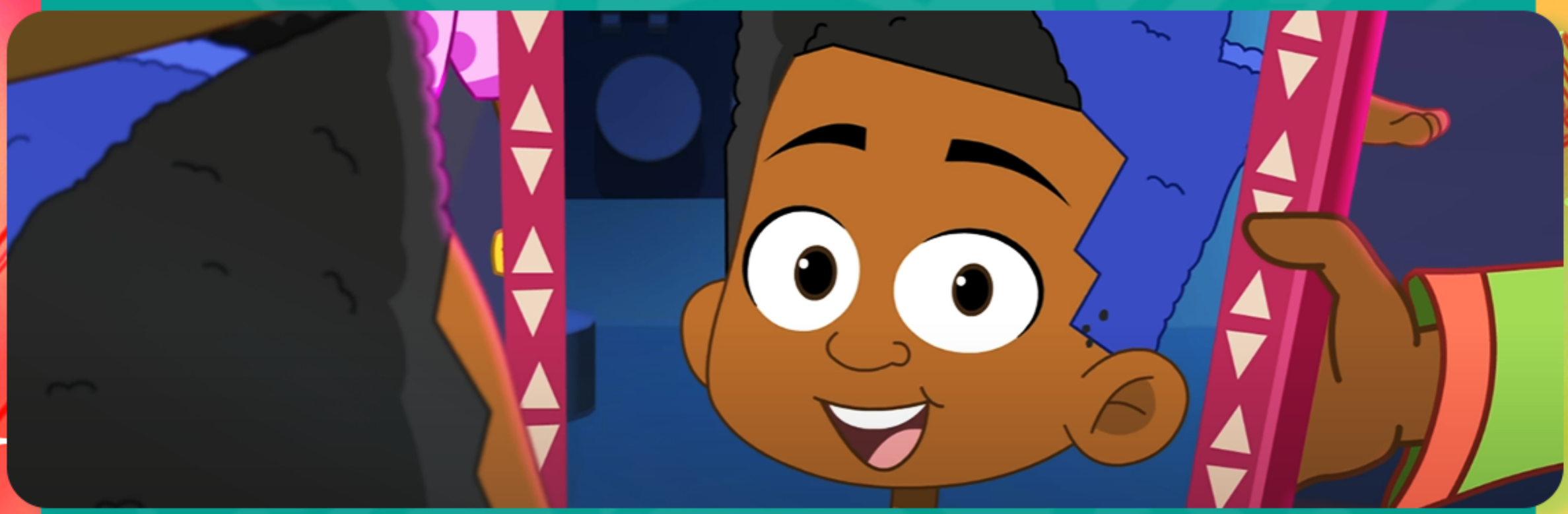
MAKER CARDS

Now it’s time to Technovate with our Super Sema Maker Cards. The Super Sema Maker Cards help to spark your imagination and explore your creativity (Creator Cards), develop STEAM skills (Technovation Cards), and become a mindful leader (Superhero Cards). Now that you are done with watching the episode “**Super Hairo**,” try out these super cool activities.

CREATOR

Creator Activity: Draw Your Dream Hairstyle

Imagine you have the skill to create any hairstyle you can dream up -- fancy, sleek, colorful, or completely crazy! What would it look like? Draw a picture of your stylish new ‘do or if you can, style it on your hair!! Remember to ask your adult to share it with us!



TECHNOVATOR

Technovator Activity: Create A Supa Hair Accessory

Time to technovate. Now that you have drawn out a picture of your stylish new look, it's time to work on some super cool accessories which you can add to your hair.

Ask your grown-up to help you scan this code that will take you to a Super Sema vlog. The vlog has an accessory idea to get you started.

Think about what special materials you want to add to your hair accessory to make it special to you. You could add different colors of glitter, or any other water-friendly craft supplies you have around the house.

We'd love to see what you create so ask your grown-up to share your final technovation with us!

SUPER HERO SKILLS

Super Hero Activity: I Love You Because Card

Love is a superpower that can motivate us to do all sorts of extraordinary things.

When you really care about someone or something, you love them. Think about someone or something you love very much.

Create your very own card to express what you love about that person or thing. And don't forget to decorate it using whatever materials you have: crayons, glitter, paint, or anything else you want!

Print and cut out these Super Sema-inspired affirmations. Make them a part of your daily routine. Hang them around your room and say them out loud first thing in the morning!

THEIR OPINIONS DON'T DEFINE ME

I AM
UNIQUE
AND
LOVEABLE!

MY
IMAGINATION

IS
UNSTOPPABLE!