VIRTUAL PARTICIPATION GUIDE

You are ALL superheroes, especially our wish kids and families who continue to demonstrate bravery, courage and resilience, especially in these trying times.

So just for all you superheroes out there, we created this guide packed with super-cute superhero to-do themed activities to do at home in the weeks leading up to May 16, and for our walk day itself!

Put on your cape, mask, grab your light saber and have FUN!!

GET YOUR SUPERPOWERS READY!

★ Grab your markers, ribbon and felt to make your own superhero cape, eye mask or puppet
★ Write a superhero story complete with drawings
★ Create and play superhero games, such as bingo or character puzzles
★ Complete word searches, coloring sheets or trivia by using your strength, skills and superpowers

EVERYDAY ACTIVITIES

★ Follow the Make-A-Wish Connecticut virtual event page to be the first to hear about exciting event updates, announcements, and tips
★ Take a walk or bike ride around the neighborhood or find a new route for you and your family to explore
★ Jump on your treadmill, bike or rowing machine and log in some miles
★ Host a superhero training camp for your family to complete
★ Become a community superhero by doing yardwork or helping with other chores around your house or neighborhood

Post your projects and activities on your social media feeds, and tag us! , so we can share all the exciting and innovative ways you and your family are putting your superpowers to work.

Join us VIRTUALLY Saturday, May 16th