MY SUPER HEROES
This BOOK BELONGS TO

MY SUPERHEROES

Superheroes can come from anywhere. They can be famous people past or present or someone you might know, your family or friends.

Who will your superhero be?
WHAT MAKES A SUPERHERO?

- Bravery
- Risk Taker
- Adventurous
- Honesty
- Generous
- Thinks of Others First
SIR FRANCIS DRAKE
ELIZABETHAN SAILOR, NAVIGATOR, EXPLORER and ENGLISH HERO

BORN in ENGLAND 1540

STRENGTHS FEARLESS, COURAGEOUS

ACHIEVEMENT FIRST ENGLISHMAN TO TRAVEL AROUND THE WORLD

HERO QUALITIES RISK TAKER

FASCINATING FACT LIVED ON A WRECKED SHIP when he was young

MAKE YOUR OWN COAT OF ARMS

A COAT OF ARMS is A SET OF SYMBOLS THAT TELLS PEOPLE ABOUT YOU.

DRAKE HAD A SHIELD, WAVES, STARS, A GLOBE and the HAND OF GOD IN HIS COAT OF ARMS.

WHAT SYMBOLS WOULD TELL US ABOUT YOU?

WRITE YOUR OWN MOTTO

MOTTO - A phrase or word used to express a goal or ideal.

DRAKE'S MOTTO is "GREAT THINGS COME FROM SMALL."
Michael Faraday was one of the greatest scientists of the 19th century.

Born 1791
Strengths
Achievement
Hero qualities
Fascinating fact

One of the greatest scientific experimenters of all time.
Discovered electromagnetic induction.
This helped enable electricity to be used in homes and industry.
Never giving up on his goals.
Son of a blacksmith, he was completely self-taught in science.

Make Your Own Static Electricity

Materials you need
- Plastic ruler
- Tissue paper
- Woolen fabric
- Pens & pencils
- Scissors

Draw little insects on the tissue paper and cut them out.

Rub the ruler (on both sides) with the fabric. This will charge it with static electricity.

Hold the ruler next to the tissue paper and see what happens.

Try different materials and record your findings.

<table>
<thead>
<tr>
<th>Material</th>
<th>Object</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cotton</td>
<td>Wooden Ruler</td>
<td>No Result!</td>
</tr>
<tr>
<td>Wool</td>
<td>Plastic Comb</td>
<td></td>
</tr>
</tbody>
</table>
EMMELINE PANKHURST

WAS THE LEADER OF THE BRITISH SUFFRAGETTE MOVEMENT WHICH HELPED WOMEN WIN THE RIGHT TO VOTE IN 1928.

BORN 1858

STRENGTHS

ACHIEVEMENT

HERO QUALITIES

FASCINATING FACT

The Suffragettes wore the colours - purple, white and green.

BRAVE, HARD WORKER
HELPED WOMEN FIGHT FOR THEIR RIGHTS TO BE EQUAL WITH MEN.
STOOD UP FOR WHAT SHE BELIEVED WAS RIGHT.

MAKE YOUR OWN BADGE

The Suffragettes used to wear a badge to show their beliefs. Make your own badge to show what you believe in.

WHAT YOU WILL NEED

CARD
SCISSORS
CIRCLE TEMPLATE
PENS & PENCILS
VELCRO TAPE

1. DRAW A SHAPE YOU LIKE.
2. CUT IT OUT.
3. DRAW AND COLOUR YOUR DESIGN.
4. STICK A SMALL SQUARE OF VELCRO TO THE BACK OF THE BADGE.

DEEDS NOT WORDS

VOTES FOR WOMEN

LOVE

CATS RULE
ERNEST SHACKLETON
AN IRISH-BORN BRITISH EXPLORER. BEST REMEMBERED FOR HIS ANTARCTIC EXPEDITION OF 1914–17 IN THE SHIP ‘ENDURANCE’.

BORN 1874

STRENGTHS
LEAD EFFECTIVELY IN A CRISIS.
STAYED CALM.

ACHIEVEMENT
EXPEDITION TO THE SOUTH POLE.
RESCUED HIS MEN WHEN THEIR SHIP ‘ENDURANCE’ WAS CRUSHED BY ICE.

HERO QUALITIES
SHACKLETON THOUGHT A SANJO WAS VERY IMPORTANT. IN TIMES OF TROUBLE, SHACKLETON’S TEAM PLAYED MUSIC TO MAKE THEM HAPPY.

FASCINATING FACT

MAKE A BOAT
WHAT YOU NEED

SQUARE SHEET OF PAPER
PENCIL OR PENS

SHACKLETON MADE A LIST OF ALL THE THINGS HE NEEDED TO PACK FOR A LONG VOYAGE. FOR EXAMPLE, FOOD, CLOTHING AND DOGS TO PULL THE SLEDGES.

1. DRAW, COLOUR AND WRITE THE SUPPLIES YOU WOULD TAKE.

2. FOLD IN HALF.

3. FOLD ON DOTTED LINE

4. FOLD ON DOTTED LINE

5. FINISHED

NAME YOUR BOAT.
MARY SEACOLE

SHE GREW UP IN JAMAICA, FAMOUS FOR HELPING LOTS OF SOLDIERS IN THE CRIMEAN WAR.

BORN 1805
STRENGTHS
NOT SCARED OF DANGER. COULD MAKE HER OWN MEDICINES.

ACHIEVEMENT
SAVED MANY SOLDIERS' LIVES.

HERO QUALITIES
RISKED HER OWN LIFE TO SAVE OTHERS ON THE BATTLEFIELD.

FASCINATING FACT
RAN A HOTEL TO HELP PAY FOR HER NURSING AND WROTE A BOOK ABOUT HER ADVENTURES.

WRITE A POSTCARD

IMAGINE YOU HAVE TO GO ON A DANGEROUS MISSION. DRAW WHAT YOU MIGHT SEE, WRITE A POSTCARD TELLING A FRIEND ABOUT YOUR EXPERIENCE.
DESIGN your own SUPERHEROES

DRAW someone you know.

BORN
STRENGTHS
ACHIEVEMENT
HERO QUALITIES
FASCINATING FACT

DRAW someone famous or made-up

BORN
STRENGTHS
ACHIEVEMENT
HERO QUALITIES
FASCINATING FACT
The National Portrait Gallery has been working with hospital schools in London for 10 years, sharing the inspirational stories of men and women in the Collection and providing access to high–quality arts provision. The programme has reached over 10,000 young people and their families.

My Superheroes is a new Gallery initiative in partnership with Great Ormond Street Children’s Hospital School, Evelina Children’s Hospital School and Vital Arts, Royal London Children’s Hospital.

It has been made possible with funding from the 29th May 1961 Charitable Trust, CHK Charities Limited, PF Charitable Trust and the Gallery’s own superheroes, five members of staff who ran the 2012 London Marathon to raise funds for this project.

With thanks to the young people, families and staff at Great Ormond Street Hospital School who provided the Gallery team and illustrator Marion Deuchars with inspiration and chose the superheroes for our book.

To find out about the Gallery’s other achievers go to www.npg.org.uk

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Illustrations created by Marion Deuchars © National Portrait Gallery, London, 2012
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Sir Francis Drake by an unknown artist circa 1580, NPG 4632
Michael Faraday by Maull & Polyblank 1857, NPG Ax7281
Mary Jane Seacole (nee Grant) by Albert Charles Challen, 1869 NPG 6856
Sir Ernest Henry Shackleton by Alick P.F. Ritchie 1907 or after, NPG D18064
Emmeline Pankhurst addressing a crowd in Trafalgar Square by an unknown photographer printed by Central Press 1908, NPG x131784
http://en.wikipedia.org/wiki/File:Sir_Francis_Drake_And_His_Coat_Of_Arms.gif
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