

superhero

Pocket Book



Become a
superhero in
seven simple
steps!

Who is your Favourite superhero?

Wonder Woman, or perhaps Superman?

Or maybe someone less familiar, like Dex Laserskater or Zsazsa Zaturannah? Would you like to become a superhero? And why?

And have you ever heard of Super Taus? Maybe not, because she lives in a small republic far away, Dagestan. Super Taus has always been ultra-strong, but that doesn't necessarily make you a superhero. One day she decided to become a superhero and to perform some good deeds. You can do that too, because everyone has a superhero hidden in them. Follow these 7 steps and get started today!

1. Discover your superpower

Everyone has superpowers. Maybe your father can cook really well. Or maybe your mum is ultra-handy. What superpower do you already have? Perhaps you are super-agile, mega-intelligent, or maybe you have extremely good hearing.



2. Choose a good cause

How would you be able to help with your superpower?

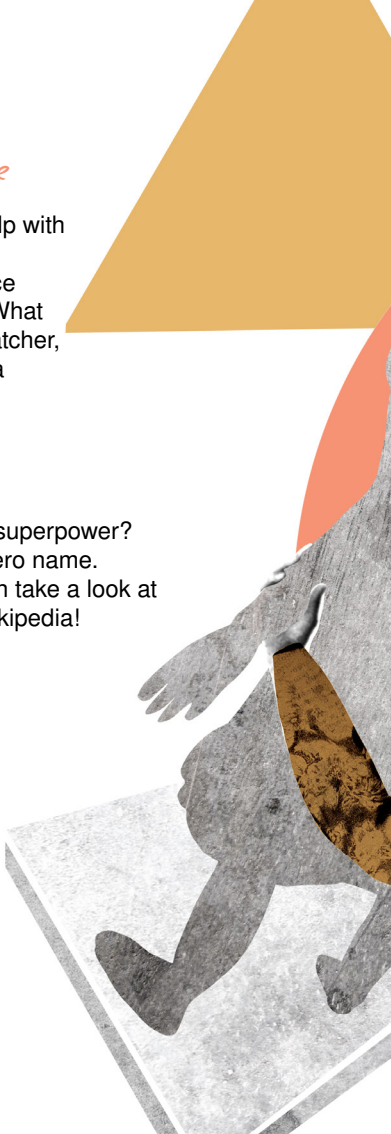
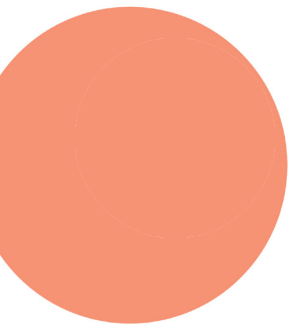
For example, Super Taus once moved a 600-pound statue. What about you? Are you a thief-catcher, or rather a super-repairer or a problem-solver?

3. Invent a name

Which name best suits your superpower?

Come up with a cool superhero name.

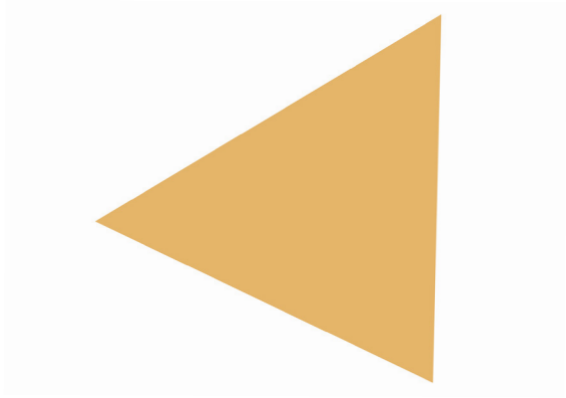
No inspiration just now? Then take a look at the list of superheroes on Wikipedia!

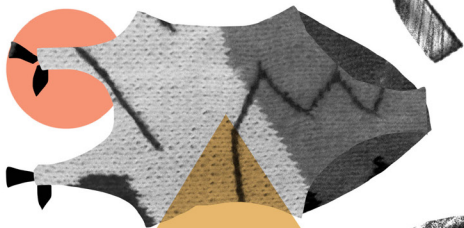
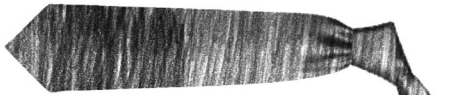




4. Put together your costume

Super Taus has her own costume, with a beautiful head scarf from her home region. Because Dagestan made her who she is: long walks through the mountains made her even stronger and the thin mountain air gave her an excellent set of lungs. It was also quite handy that the headscarf was already in her house. You probably also have all the parts at home for a costume that suits your super powers. Maybe you can borrow a belt from your father or an umbrella from your mother. Dive into the wardrobes and put together your own costume.







5. Find a changing room

You might not want to walk around in your costume all the time, because you do have to go to school and stuff... But during emergencies you sometimes suddenly have to change into your costume very quickly. Find and design your own superhero dressing room at home. Maybe in the walk-in closet? In the attic? The toilet?

6. Power-move

Many superheroes have a special power-move. For example, do you remember what Supergirl does while flying? You also need such a power move. For example: are good at gymnastics? Then your power move might be the handstand.

7. Combine

For this final step you will need the utmost concentration, because now everything must come together! Keep your superpower in mind, your cause, your name, put on your costume and get into your power move.



Congratulations!

You are now a real superhero, just like Super Taus!
Would you like to learn more about her? Then go to
Jameel Arts Centre and get the Family Trail.

*And this superhero pocketbook?
Just take it with you wherever you
go! This way you will always have it
with you during difficult moments. This
enables you to quickly stop and think:
how would my superhero handle this
situation?*

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*Describing museum technical team possibilities, coordinator of exhibition construction Daniël Hoogterp during work zoom July 28, 2020.

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