

Thank Your Superheroes

Superheroes are not contained to movies, television shows and books. They are among us every day. We need them, and they need our appreciation, now more than ever.

Delta Dental of Oklahoma and Captain Supertooth have a fun way for you and your children to recognize the everyday, real-life heroes in your life on **National Superhero Day – Tuesday, April 28!**

Popsicle Stick Superhero Craft Supplies:

- Jumbo Popsicle Sticks (or similar shape cut from cardstock)
- Coloring supplies - crayons, markers, paint
- Construction paper or cardstock
- School glue
- Craft scissors
- Embellishment supplies - stickers, glitter, googly eyes, pompoms, yarn, etc.

Directions:

- 1 Color popsicle stick.
- 2 Hold colored stick vertically. Add eyes, nose and mouth (preferably a smile 😊) to one end of stick, or you can create a face on paper/cardstock and adhere to stick with glue.
- 3 Create a cape and other desired accessories for your superhero. There are ideas on the next page you can color and cutout to help get you started.
- 4 Share your creations with your superheroes - send in the mail, hang in windows, share a 'super selfie.'

We would love to see your creations, too!

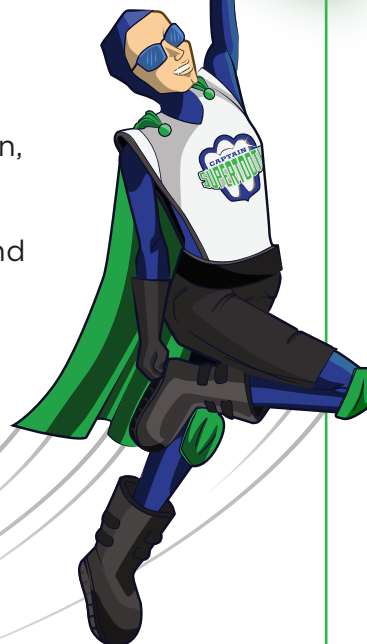
Tag @DeltaDentalOK in your photos with hashtag #SmilesForOKHeroes

Captain Supertooth wants to remind you to brush and floss twice a day, the superhero way!

For more tips, visit CaptainSuperTooth.com.



#SmilesForOKHeroes

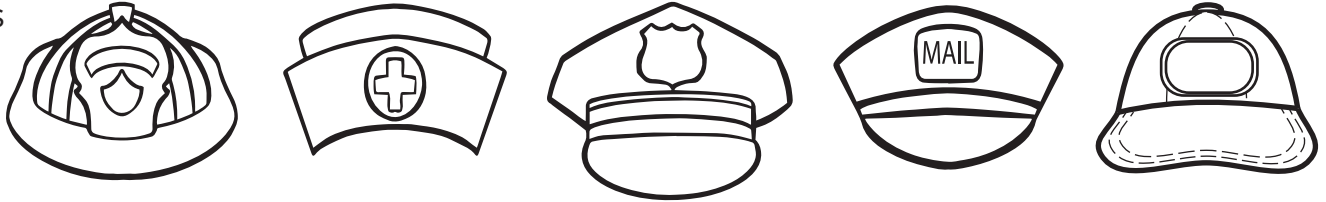


Build Popsicle Stick Superheroes with Captain Supertooth for National Superhero Day!

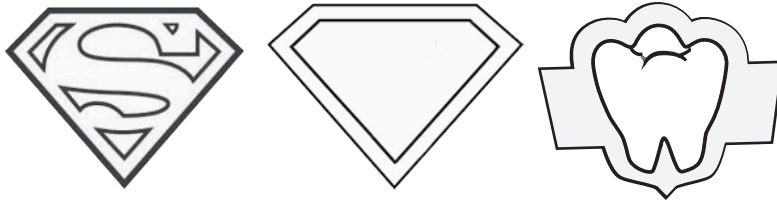
Below are accessories you can color/decorate and cut out to add to your popsicle stick superheroes. Use your imagination and add to these or create your own designs!

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Hats



Emblems



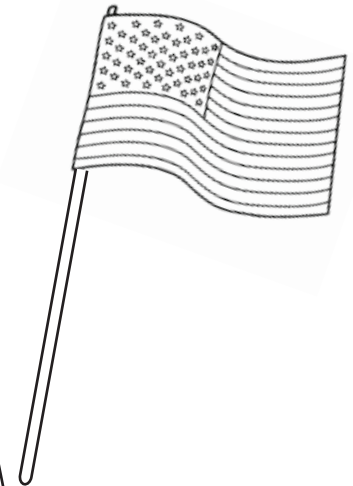
Mask



Capes



American Flag



Jumbo Popsicle Stick Shape



**THANK YOU,
SUPERHERO!**

Toothbrush

