

# Real-Life Superhero Science

Sometimes ordinary people do amazing things, like lifting cars off trapped accident victims. How do these real-life heroes manage such superhuman feats of strength? Use this Web site to answer the questions below: [health.howstuffworks.com/adrenaline-strength1.htm](http://health.howstuffworks.com/adrenaline-strength1.htm). Use the back if you need more space.

1. In a sentence or two, summarize one time when a real-life hero used superhuman strength to rescue someone.

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2. What is adrenaline? \_\_\_\_\_

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3. What's another name for adrenaline? \_\_\_\_\_

4. What part of your body makes adrenaline? \_\_\_\_\_

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5. How does your body provide extra adrenaline when you need it?

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6. What does adrenaline do to help your body react to danger?

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7. Why would it be dangerous to have this adrenaline strength all the time?

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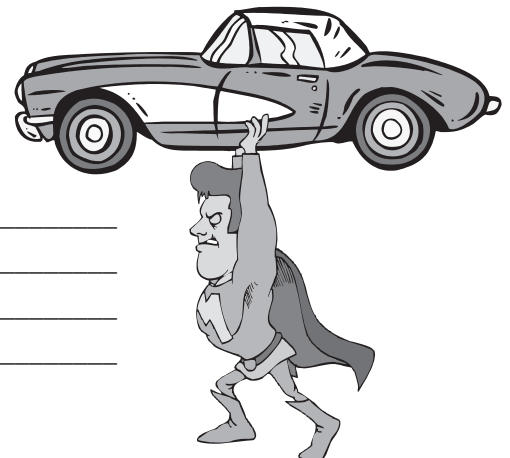
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8. What do scientists think about this? Why? \_\_\_\_\_

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# Hero Letter Tile Puzzles

Unscramble the tiles to read the hidden message.

DE	.	(	WO	RED	EY	ORE	T T
POS	BRA	NG	WOR	TH	LOU	EEN	
IS)	E D	CLA	D B	TH	ONE	WER	
MOS	BEF	HIN	IM	GS	DOI	RLD	
LE	HA	NDE	IN	THE	IS	SIB	


# Hero Letter Tile Puzzles

## Answer Key

FAL	L S	EVEN	N T	IMES	S,	STA	ND
UP	EIGH	T.	(J	APA	NESE	E P	ROV
ERB	)						

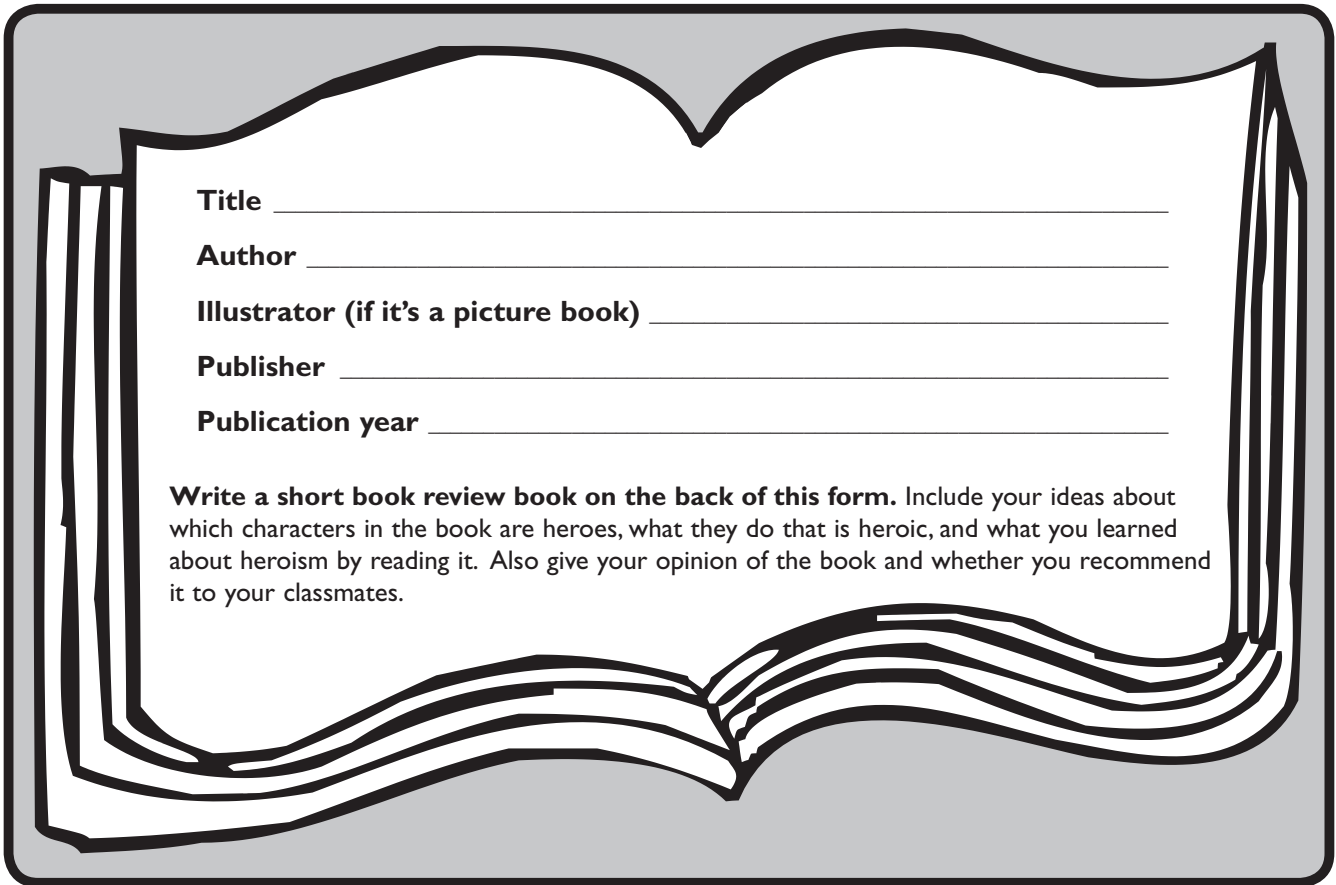
WE	MAK	E A	LI	VIN	G B	Y W	HAT
WE	GE	T,	BUT	WE	MA	KE	A L
IFE	BY	WH	AT	WE	GIV	E.	(WI
NST	ON	CHU	RCH	ILL	)		

IT	IS	NOT	ON	LY	WHA	T WE	D
O,	BUT	WH	AT	WE	DO	NOT	DO
,	FOR	WHI	CH	WE	ARE	AC	COU
NTA	BLE	.	(	MOL	IER	E)	

MOS	T T	HIN	GS	WOR	TH	DOI	NG
IN	THE	WO	RLD	HA	D B	EEN	DE
CLA	RED	IM	POS	SIB	LE	BEF	ORE
THEY	WERE	D	ONE.	(	LOU	IS	
BRA	NDE	IS)					

# Bibliography Forms

Choose a favorite book about heroes, or read a new one. Fill out this form to add your book about heroes to your classroom booklist.



**Title** \_\_\_\_\_

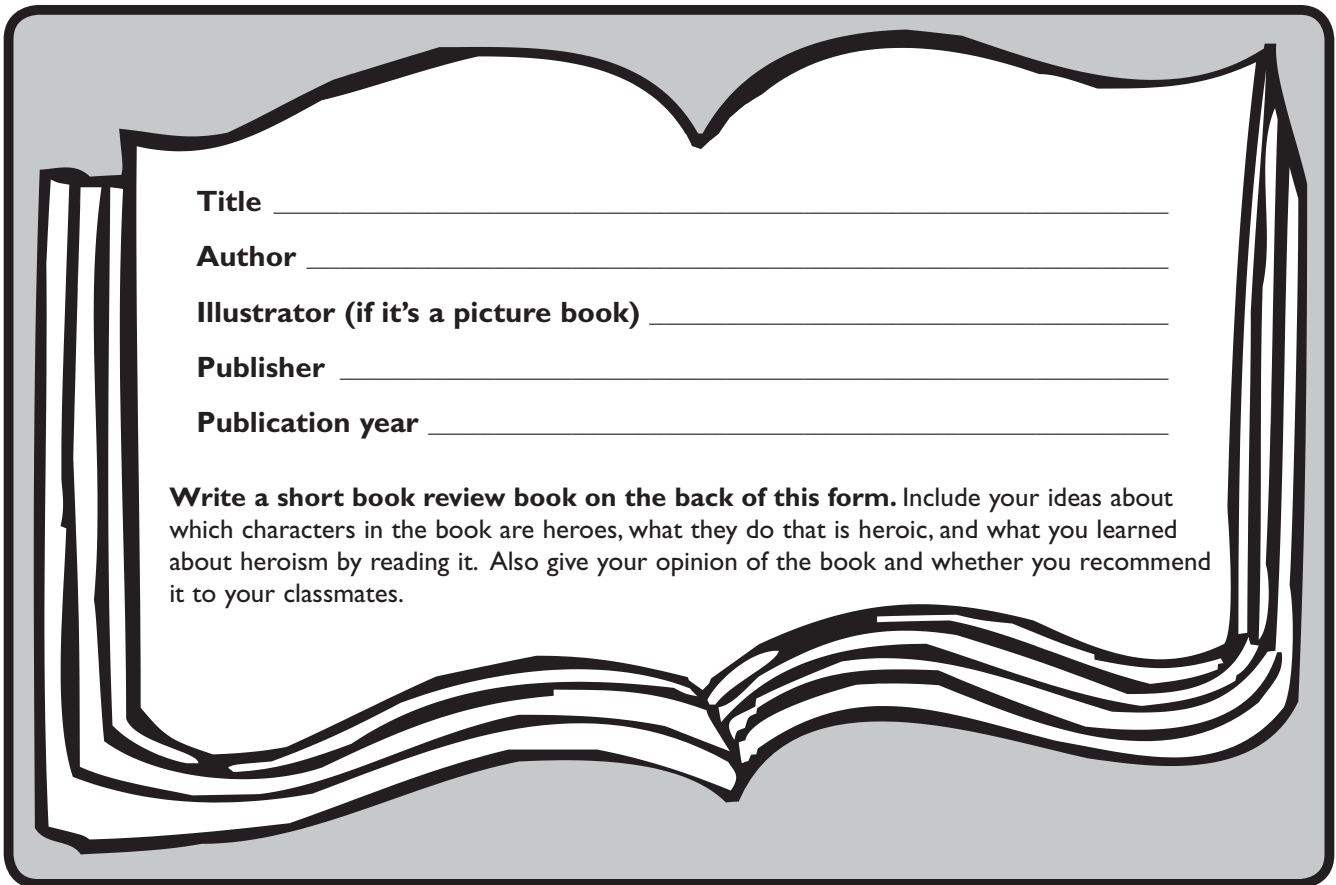
**Author** \_\_\_\_\_

**Illustrator (if it's a picture book)** \_\_\_\_\_

**Publisher** \_\_\_\_\_

**Publication year** \_\_\_\_\_

**Write a short book review book on the back of this form.** Include your ideas about which characters in the book are heroes, what they do that is heroic, and what you learned about heroism by reading it. Also give your opinion of the book and whether you recommend it to your classmates.



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