

ACTIVITY GUIDE

# ULTRAMAN

RISING

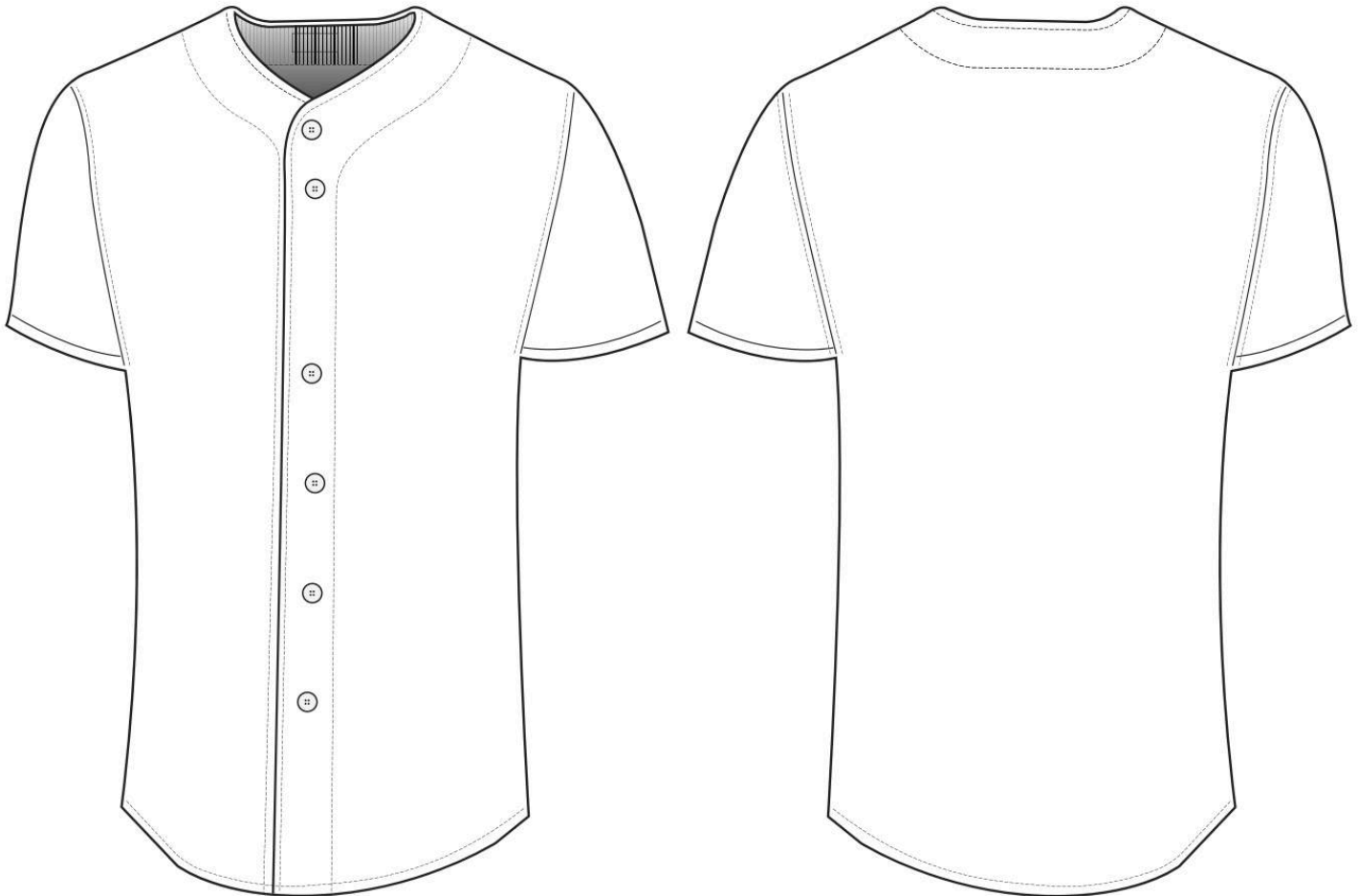


ONLY ON **NETFLIX** | JUNE 14

# SUIT UP!

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Ultraman may suit up for battle when fighting to save Earth from monsters but his alter ego, baseball superstar Ken Sato, wears a jersey when playing in the big leagues. Imagine yourself as an all-star and design your jersey using the outlines below.

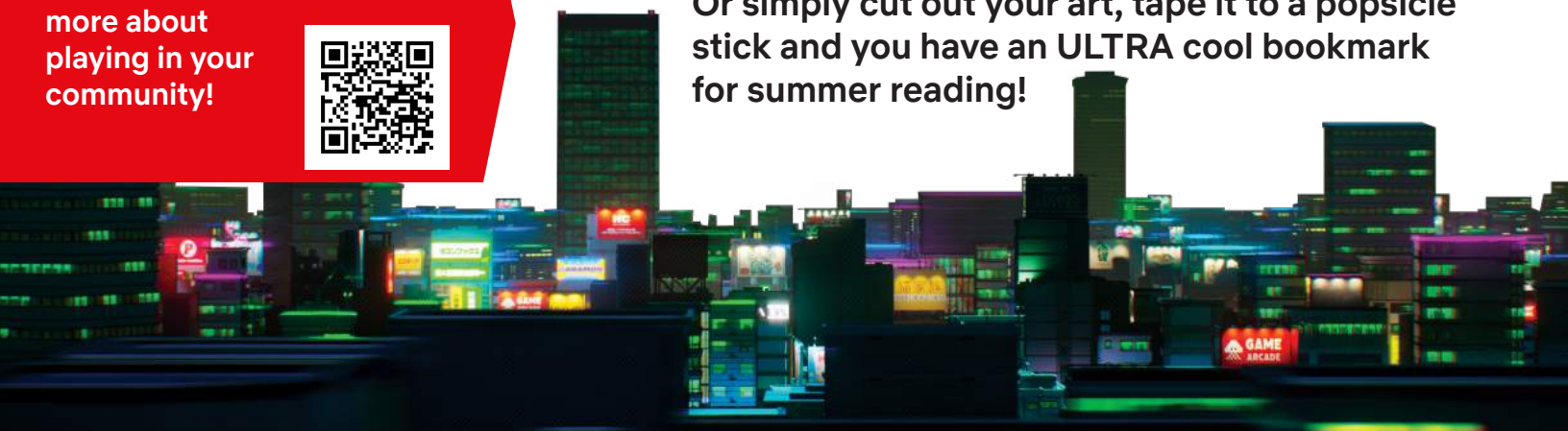


Check out USA Baseball for more baseball-themed activities and to learn more about playing in your community!



## ***WANT TO SHOW OFF YOUR JERSEY ART?***

Photograph your creation and have an adult help transfer it onto a sheet of printable vinyl sticker paper for a cool water bottle sticker! Or simply cut out your art, tape it to a popsicle stick and you have an ULTRA cool bookmark for summer reading!



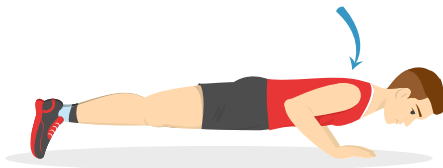
# WARM UP!

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Whether playing in the big leagues as superstar athlete Ken Sato, or fighting monsters as a superhero, Ultraman must stay in shape. Physical activity should always start with a stretch. Stretch your body with the exercises below before taking on a physical activity this summer!

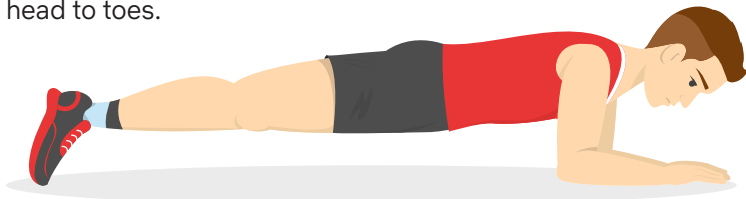
## **PUSH-UP CHALLENGE**

Find a deck of cards and pile in a stack facing down. Flip over one card from the stack so that the card is facing up. The number/face value of the card will equal how many pushups you will do (2 = 2 pushups, 3 = 3 pushups, etc.). Face cards, Ace, Jack, Joker, King, and Queen each equal 10 pushups.



## **PLANK**

Planks are great, core-strengthening workouts that require no equipment! To get in to a plank position, while on the ground, use your elbows and toes to keep your whole body up and in a straight line from head to toes.



Now that you're warmed up, gather your family or friends team for a backyard baseball game! And check out USA Baseball for more baseball-themed activities and to learn more about playing in your community!

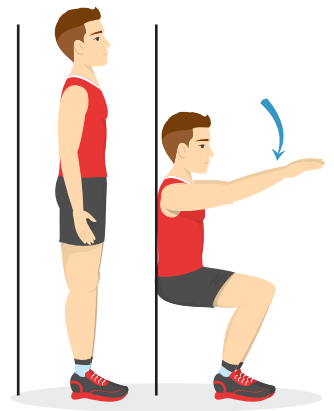


## **SQUAT**

Squats are great for your legs and core! To perform a squat, stand with your feet shoulder width apart, keep your shoulders back and lower your hips down as if you are sitting in a chair. While squatting, it is important to focus on keeping your weight on your heels. As you lower yourself towards the ground, keep your knees directly over your toes, then, drive your heels into the ground as you return to a standing position.

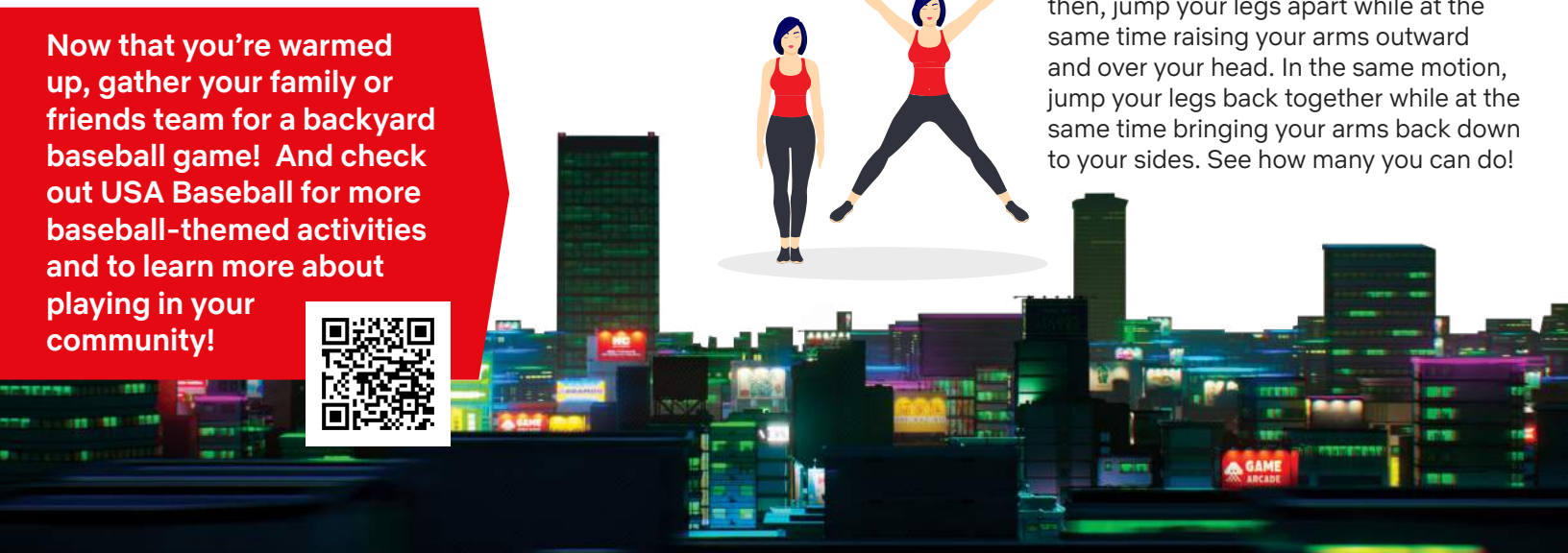
## **WALL-SIT**

Find a wall in your home to help you complete this exercise. Lean your back against the wall and squat down in to a seated position, keeping your back up against the wall and making sure that your feet are planted on the ground with your weight on your heels.



## **JUMPING JACKS CHALLENGE**

Start in a position with your feet together and your arms resting at your sides, then, jump your legs apart while at the same time raising your arms outward and over your head. In the same motion, jump your legs back together while at the same time bringing your arms back down to your sides. See how many you can do!



# A NEW HERO RISES!

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Ultraman originated from a series about a race of aliens nicknamed the “Ultras.” The world of what you can create is limitless when you use your imagination. Follow the prompts below and see what rises out of *your* creativity.

Imagine a hero. What are some adjectives to describe this character?  
Describe your hero’s superpower.

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Imagine a story featuring your hero, then draw a scene from it in the box below.



# TAKE FLIGHT!

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Ultraman covers a lot of ground...and also sky! Check out the STEM activity below and watch Ultraman take flight!

*\*Adult supervision required*

## SUPPLIES

- Single-use plastic water bottle (0.5L/16oz)
- Antacid tablet
- Water
- Bottle stopper/cork
- Cup around the same size as the bottle
- Safety goggles

## INSTRUCTIONS

*This activity should be done outdoors, in an open space*

*\*Make sure the project is aimed away from people, animals, etc.*

1. Put on safety goggles
2. Place cup on a flat surface
3. Cut out Ultraman template and attach to the bottle (facing the bottom)
4. Fill the water bottle  $\frac{1}{3}$  of the way
5. Break tablet into a few pieces and place in the bottle
6. Quickly place the stopper
7. Place the bottle upside down in the cup
8. Stand back and watch Ultraman shoot up into the air



## WHAT MAKES THE BOTTLE SHOOT UP INTO THE AIR?


The antacid tablet dissolves in water, producing carbon dioxide gas. The pressure created by the gas pushes the water and stopper up and out, propelling the bottle into the air.





# ADD COLOR!


Ultraman often has to investigate clues to locate and bring down monsters. Solve the math problems below, then follow the color key linked to the answers to bring color to the baby Kaiju in Ultraman's care.


## COLOR KEY

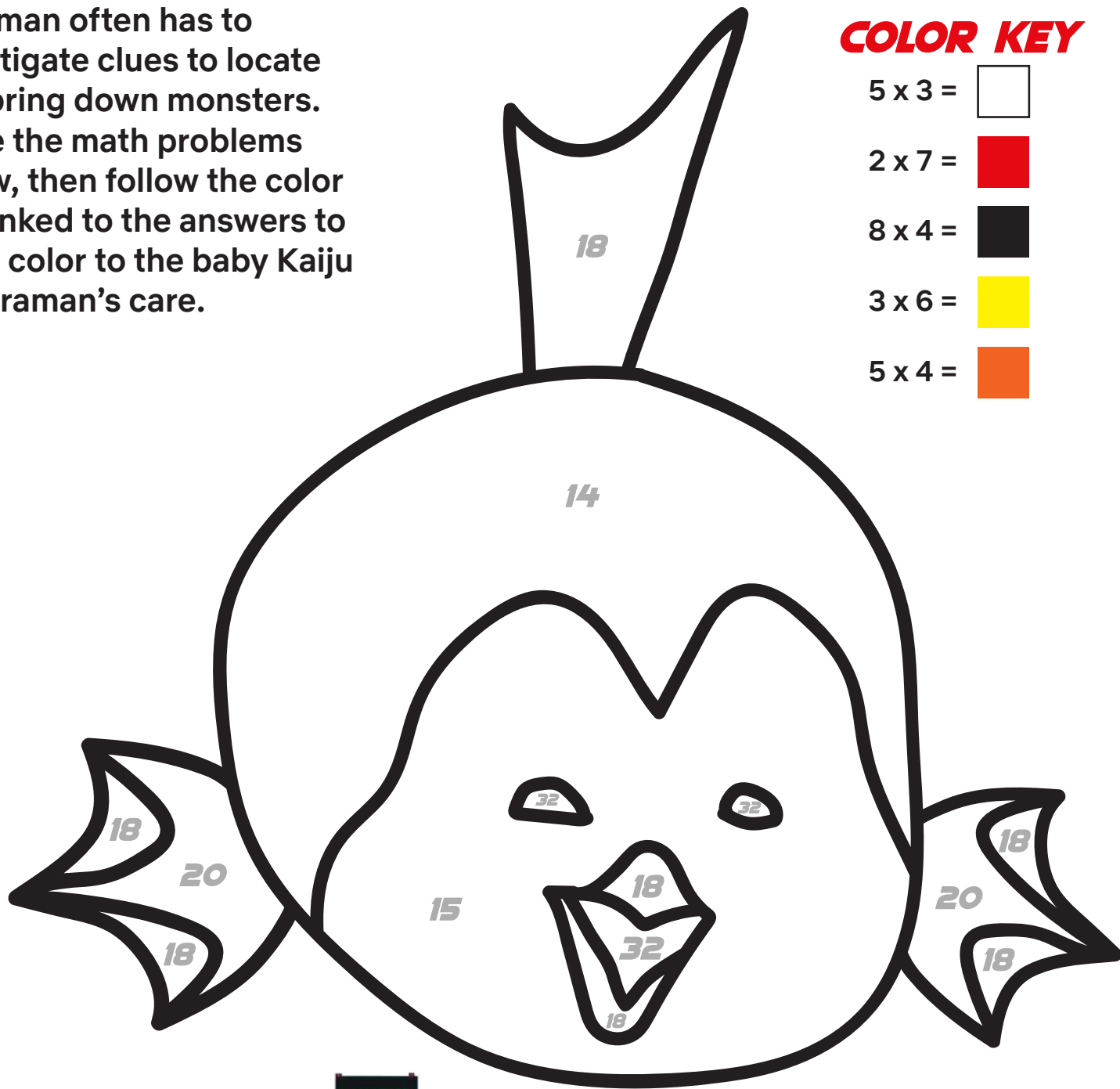
5 x 3 = 

2 x 7 = 

8 x 4 = 

3 x 6 = 

5 x 4 = 



# AN ULTRA SKILL!

**ULTRAMAN**  
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Ken Sato returns home to Tokyo to take over his father's duties as Ultraman. Use the flashcards below for an introduction to his native language, Japanese!

**HAI**

pronounced "hi"

はい

Yes

**LIE**

pronounced "i-e"

いいえ

No

**ONEGAISHIMASU**

pronounced  
"o-ne-gai-shi-masu"

お願いします

Please

**ARIGATO**

pronounced  
"a-ri-ga-to-u"

ありがとう

Thank You

**OHAYOU  
GOZAIMASU**

pronounced  
"oh-hi-o-go-sa-mas"

おはようございます

Good Morning

**OYASUMINASAI**

pronounced  
"o-ya-sumi-nasai"

おやすみなさい

Good Night

**KON'NICHIWA**

pronounced  
"koh-nee-chee-wah"

こんにちは

Hello

**SAYONARA**

pronounced  
"sai-uh-naa-rah"

さようなら

Goodbye

## TIP:

Did you know you can change a setting on your Netflix guide to access Japanese subtitles? Subtitles are another great way to pick up a language.

Seek out additional Japanese language learning resources to widen your skill further by visiting your local library.



# DON'T STRESS

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In **ULTRAMAN: RISING**, Ultraman finds himself battling monsters, working through a new caregiver role, and (as Ken Sato) playing in the big leagues of baseball...all stressful positions.

Daily life can bring stresses. Don't forget to take a moment each day for yourself, and get ready to conquer (and perhaps save) the world!

## **STEP 1**

Find a quiet place to sit with your eyes closed.

## **STEP 2**

Take an **ULTRA** deep breath.

## **STEP 3**

Breathe out slowly.

## **STEP 4**

Breathe in again. Feel the air fill your lungs as your lower belly rises.

## **STEP 5**

Breathe out again.

## **STEP 6**

Take a **SUPER** moment of pause. Engage all of your senses.

*Do you feel **ULTRA** ready to take on the day?*





# AN ULTRA WORD SEARCH

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Ultraman has to search and find monsters before saving Earth! Search, find, and circle the words in the list below and save the word search as a sign of your accomplishment. Be sure to search in every direction!

Q U P N T H E R O M F O J B T V H K M T  
D Y W G V S U I T O T D T X Q W W Y G Z  
C C A L L S T A R N W C N D L Z B V H A  
U K A Y Z K P S K S K P O W E R A U P D  
U L L P F S O U N T L W A N E A B D D O  
E O E I H O W P O E S T O K Y O Y V I D  
U F G O Q I U E W R I J M R Y K S Z S G  
G L E A Y V U R U L T R A M A N I F G E  
L Y N P D B X Z O H F K F P J V T Q U R  
L G D Y J Z Z L M K A Q V A A O H Y I S  
P Z Q K A I J U V O Y T P W M N B L S W  
J N W B X F I J O L T Z X J C E O A E Z  
S J B R N Z W M P S G O P M A L Y T E A  
X G M A B A S E B A L L R N E J C H P B  
W X A V F G X K N V O G Y C L Y C L R X  
M E U E E B A T I N V I M L Y V S E L B  
O W O X V O N I B O E A Z I A C H T D T  
L N U C F N S S Q Z H N N F G Y L E A S  
S Q X P T H B S R I G T W F C O L E D J  
K W S Y M Z J Q W V F S W T I Z X S W T

Ultraman	Dad	All Star	Brave	Hero	Motorcycle	Fly
Kaiju	Dodgers	Bat	Super	Legend	Cap	Disguise
Tokyo	Giants	Glove	Power	Suit	Fame	
Baseball	Monster		Athlete	Japan	Babysit	



# SPOT THE DIFFERENCES

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A superhero pays close attention to details. Test your attention to detail by spotting the differences in these two seemingly identical images.



Answers: 1. Moon, 2. Man holding apple, not baby, 4. Red eye, 5. Missing people, 5. Text on red billboard





# WHAT TO WATCH THIS SUMMER FOR KIDS AND FAMILIES



AVAILABLE NOW

Thelma the Unicorn

MAY 24

Jurassic World:  
Chaos Theory

JUNE 6

Sweet Tooth (S3)

JUNE 14

Ultraman: Rising

JULY 4

Barbecue Showdown (S3)

JULY 18

Cobra Kai (S6)

AUGUST 2

Saving Bikini Bottom:  
The Sandy Cheeks Movie

AUGUST 5

Gabby's Dollhouse (S10)



For more summertime suggestions, check out the [Summer Family Fun collection](#).  
And visit [NetflixFamily.com](https://www.netflix.com/family) for activities, crafts, and resources for parents.

