





















Superhero Action Training

Directions: Perform each action. Check it off when complete. Circle all the action verbs.

| | |
|---|---|
| <input type="checkbox"/> balance on one foot for 10 seconds  | <input type="checkbox"/> bend and touch your toes 10x  |
| <input type="checkbox"/> crawl forward for 10 feet  | <input type="checkbox"/> curl your body up and hold for 10 seconds  |
| <input type="checkbox"/> gallop for 10 steps  | <input type="checkbox"/> hop on one foot 10x  |
| <input type="checkbox"/> jump in place 10x  | <input type="checkbox"/> kneel up tall for 10 seconds  |
| <input type="checkbox"/> leap forward 10x  | <input type="checkbox"/> roll in a straight line for 10 feet  |
| <input type="checkbox"/> run in place for 10 seconds  | <input type="checkbox"/> sit and then stand up 10x  |
| <input type="checkbox"/> skip forward 10x  | <input type="checkbox"/> slide to the right 10x <input type="checkbox"/> slide to the left 10x  |
| <input type="checkbox"/> stomp your feet in place 10x  | <input type="checkbox"/> straighten your body and hold for 10 seconds  |
| <input type="checkbox"/> stretch your legs for 10 seconds  | <input type="checkbox"/> twist your body to the right and left 10x  |
| <input type="checkbox"/> walk backwards for 10 steps  | <input type="checkbox"/> wiggle your body for 10 seconds  |

Go to www.YourTherapySource.com/superhero for the complete download