

LET'S DO SOMETHING

Game 37.



SUPERHERO POSES

Instructions



Introduction:

Materials:

Leso or Kanga



1

Take a moment to relax from your busy day by doing these superhero poses



2

Try the superhero poses and hold your position for 10 seconds and breath slowly



3

Think about what you are feeling during the superhero poses and say it out loud



4

Do these superhero poses with your friends and family or by yourself!



Final Results



NEXT GAME :
38. Ready, Jump!