

**LETS 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!**