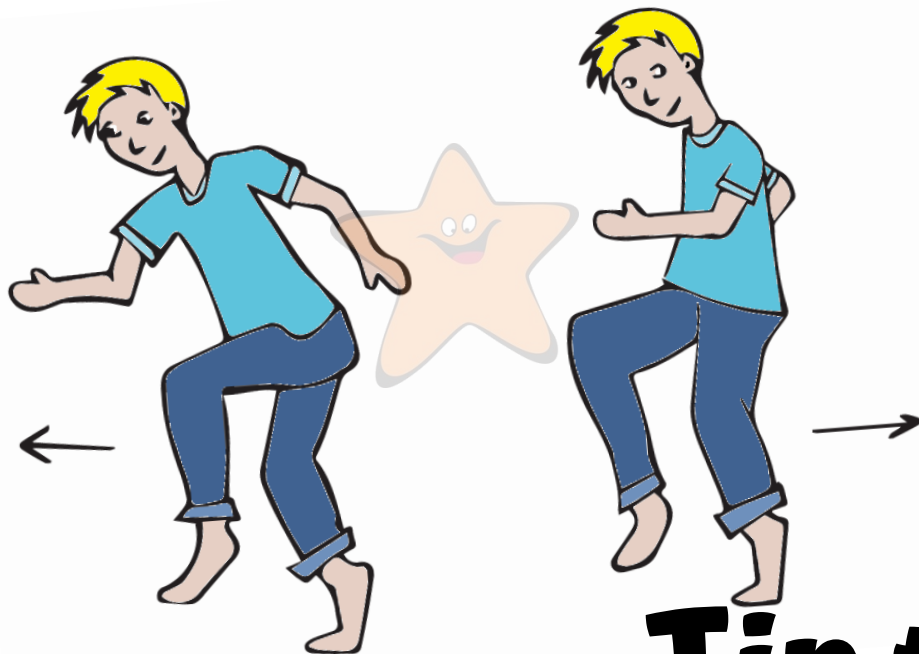


SUPERHERO



BOOT CAMP

StarfishTherapies.com



Tip toe

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Tip toe

Tip toe forward

Tip toe backward

Quietly sneak past

Don't get caught!

StarfishTherapies.com



Belly Crawl

StarfishTherapies.com

Belly Crawl

**Get down on your belly
Use your arms and legs to move
forward while staying low to the
ground and out of sight!**

StarfishTherapies.com



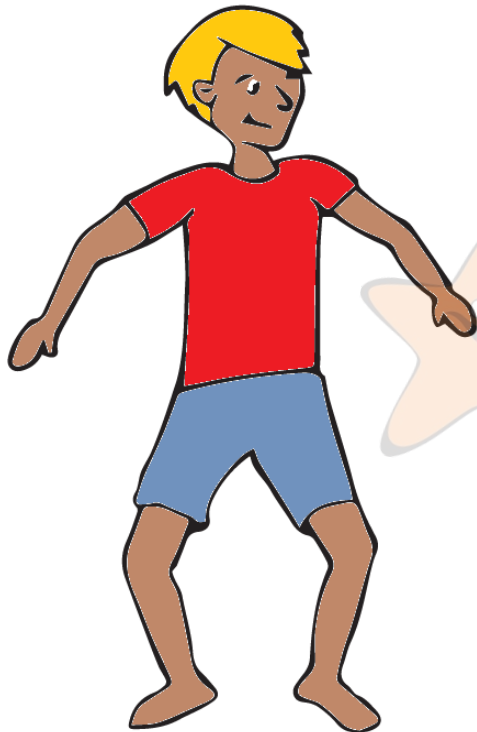
Fly

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Fly

**Get down on your belly
Keeping knees and elbows straight
Lift hands and feet up off the
ground to take off flying!**

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Low sideways sneak

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Low sideways sneak

**Bend your knees so you are low
and ready for anything**

**Slowly step sideways to sneak
in or out!**

Balance



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Balance

**Pick up a foot to practice
balancing on one leg only**

**This will help if you ever need a
strong kick or to stay up when
something has your foot!**

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Knee walk

so you are not seen...



Oh no!

**Drop
down**

and hide!

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Knee walk > Drop down

**Get down on knees and slowly
sneak closer**

**Oh no someone is looking right at
you, drop down to hide!**

**When it's clear, go back onto your
knees and keep going!**

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Hop



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Hop

**Practice jumping up and down on
one foot only**

**Make sure to practice on each side
This will prepare you to avoid traps
or reach up to make a save!**

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Jump

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Jump

**Bend your knees and explode
into the air to launch yourself
up or forward!**

**Prepare to jump across open
spaces or between rooftops!**

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Leap



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Leap

Pick which foot will lead

Run and spring over an object

lead foot ahead

**Practice for moving from rock
to rock or across a gap between
buildings!**

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March

March

**Bring one knee up towards the
sky, alternate sides**

Don't forget to pump your arms

**Prepare to wade through the
water or get free from
something grabbing at your legs!**

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WAY TO GO
SUPERHERO!

A cartoon starfish superhero character is positioned behind the text. The starfish has an orange body, a red mask with large white eyes and a black outline, and a red cape. It has a confident, smiling expression. The starfish is slightly tilted to the left.

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