

12 SUPER WAYS TO MOVE

1

Squat
up and
down



Do some
push-ups



2

3

Balance
on 1
foot



4

Power
walk
the
room



Choose
a
SUPER
move

5

6

Skip
back and
forth



Sprint
in
open
space



7

Raise
your leg



8

9

Pose
like a
Super
hero



10

Volley
a
balloon



Toss and
catch
some items

11

12

Dab
as you
move



IN YOUR HOME

Ways Things Move

Michael Seilmaier



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