

SUPERKIDS MOVEMENT TOOLKIT

SUPERKIDSPEDIATRICCONSULTING.COM



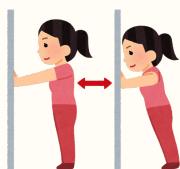
HOP LIKE A FROG 10 TIMES



REACH FOR THE SKY, TOUCH YOUR
TOES, AND TWIST SIDE TO SIDE



RUN IN PLACE



DO 10 WALL PUSH UPS



BALANCE ON EACH LEG
FOR 10 SECONDS



SPIN IN A CIRCLE 3 TIMES



BREATHE IN DEEP
AND LET IT OUT
