

Superhero Training

Superhero Action Training

Directions: Perform each action. Check it off when complete. Circle all the action verbs.

<input type="checkbox"/> balance on one foot for 10 seconds 	<input type="checkbox"/> bend and touch your toes 10x 
<input type="checkbox"/> crawl forward for 10 feet 	<input type="checkbox"/> curl your body up and hold for 10 seconds 
<input type="checkbox"/> gallop for 10 steps 	<input type="checkbox"/> hop on one foot 10x 
<input type="checkbox"/> jump in place 10x 	<input type="checkbox"/> kneel up tall for 10 seconds 
<input type="checkbox"/> leap forward 10x 	<input type="checkbox"/> roll in a straight line for 10 feet 
<input type="checkbox"/> run in place for 10 seconds 	<input type="checkbox"/> sit and then stand up 10x 
<input type="checkbox"/> skip forward 10x 	<input type="checkbox"/> slide to the right 10x slide to the left 10x 
<input type="checkbox"/> stomp your feet in place 10x 	<input type="checkbox"/> straighten your body and hold for 10 seconds 
<input type="checkbox"/> stretch your legs for 10 seconds 	<input type="checkbox"/> twist your body to the right and left 10x 
<input type="checkbox"/> walk backwards for 10 steps 	<input type="checkbox"/> wiggle your body for 10 seconds 

Go to www.YourTherapySource.com/superhero for the complete download

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**Thank you
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SUPERHERO ACADEMY



THIS CERTIFIES THAT THIS SUPERHERO IS NOW A MEMBER OF THE JUSTICE LEAGUE. THEY HAVE PERFORMED ALL TASKS ENABLING THEM TO BE PART OF THE LEAGUE AS CREDITED BY THE SUPERHERO ACADEMY.

SUPERHERO NAME

SUPERHERO POWER

TRUE IDENTITY

SUPERHERO ACADEMY STAFF

DATE

TO BECOME PART OF THE LEAGUE YOU HAVE ACCOMPLISHED THE FOLLOWING: CREATING SUPERHERO IDENTITY AND SUPERPOWER; DESIGNING SUPERHERO COSTUME; ABILITY TO LEAP BUILDINGS IN A SINGLE BOUND; STRENGTH AND DEFEATING THE VILLAIN.

CONGRATULATIONS!

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