

Movement Guide

Sneak under the window

Separate your feet together and bend your knees. Keep your chest lifted and pull your hands together as tight as you can. While you stay low, take 8 teenie steps staying small to fit through the window opening.



Run through the wheat field

Reach your arms up as high as you can! Jump up and down while your arms wave side to side over your head. Squeeze your legs together to get even higher!



Climb down the ladder

Keep both feet on the ground and make fists with your hands. One arm at a time, create ladder steps all the way down to the ground to help Leora remember to go down the ladder on her map. Get all the way down to the floor.



Crawl under the thorny bushes

Place your hands on the floor, fingers spread out as wide as you can make them. Push into the ground and walk your hands forward until you're on your tippie toes. Then bend your knees and take four big steps forward until your feet are firmly on the ground.



Go through the waving willows

Bend your knees and hang your body heavy forward.

Loosen your arms and sway side to side, slowly lifting your upper body up all the way to standing. Remember to keep your knees bent for balance!



Hop over giant boulders

Step your feet wide and turn your toes out to the corners of your room. Bend your knees like you're sitting on a horse. Take your hands to your hips and jump off both feet, landing quiet; with your knees bent.



Push through ancient ivy

Keep your feet wide as you sway bending one knee at a time, reach forward with your opposite arm and pull with resistance. Help Leora push the anxiety ivy out of her way!



Leap over the ravine

Still keeping your feet wide, start to build your momentum to push your hips forward and back three times, with your arms helping, jump your feet together as high as you can! Land with both feet together on the ground.



Hop across teetering stones

Reach your arms out as high as your shoulders. Keep reaching out trying to touch the sides of your room.

While your arms are up, jump from side to side (legs are together).



Pass through the arching gate

Land with your feet wide and arms up in a big X shape - as big as you can be! Bend your knees and reach both hands to one foot. Like a big rainbow arch, reach up through the middle and then down to the other side. Come back to the middle and get ready to get Leora all the way to the dock!



Sneak down the dock

Bring your feet close in, and bend your knees, just like you did to sneak through the window. Swing your arms forward and back as you run your feet as fast (and small + quiet) as you can. Stay light on your toes.



Cross the ocean

You've helped Leora to the boat! Proudly stand up with her with your arms outstretched. Relax your shoulders down and sway with the boat, side to side.

