

Movin & Groovin with Erin



HATCHING BUTTERFLIES



AUTISM SOCIETY

Improving the Lives of All Affected by Autism

Greater Akron



Beginner Hatching Butterflies



Start with your legs slightly bent and bend over and touch your toes. Make sure your back is flat. Then stand up and raise your arms high and wide into a 'Y' shape. Also lean back a little to stretch your core. Repeat movement 10 times.



Start with legs bent & bend over to touch your toes



Begin to stand up straight



Raise arms over head in a 'Y' & lean back slightly & repeat movement



Intermediate Hatching Butterflies



Squat down as low as you can, lift your heels, and put both hands in front of you on the ground for balance.. Then stand up and raise your arms high and wide into a 'Y' shape. Also lean back a little to stretch your core. Repeat movement 10 times.



Start squatted down



Begin to stand up straight



Raise arms over head in a 'Y'
& lean back slightly & repeat
movement



Advanced Hatching Butterflies



Squat down as low as you can, lift your heels, and put both hands in front of you on the ground for balance.. Then as you begin to stand up, jump both legs out and raise your arms high and wide into a 'Y' shape. Also lean back a little to stretch your core. Repeat movement 10 times.



Start squatted down



Begin to stand up straight



Jump legs out & raise arms over head in a 'Y' & lean back slightly & repeat movement