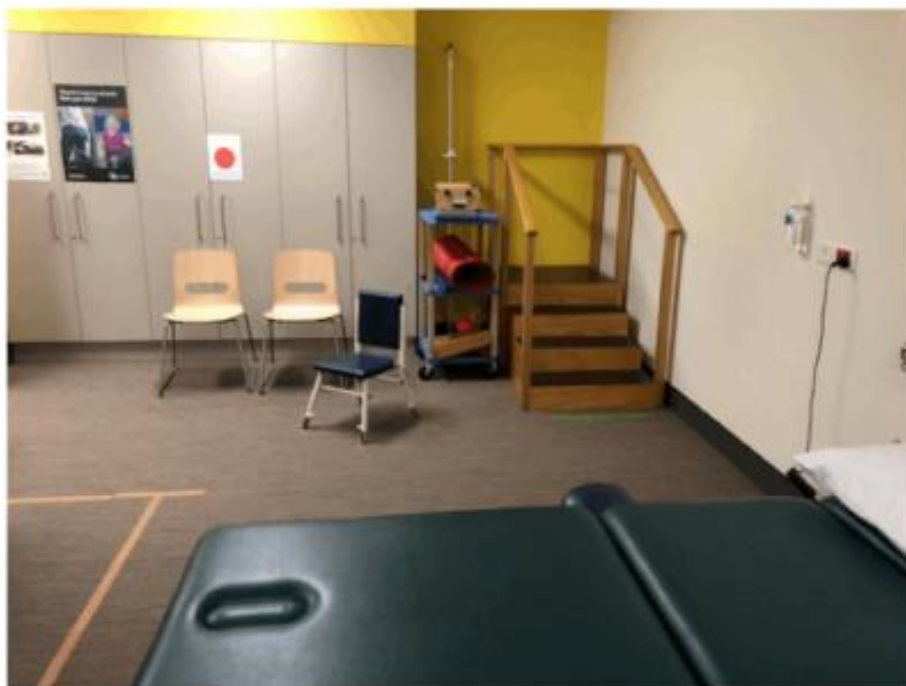
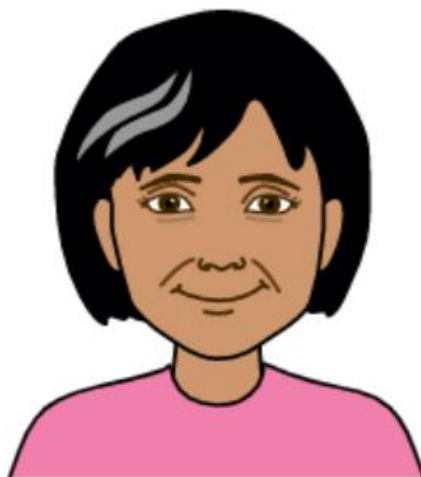
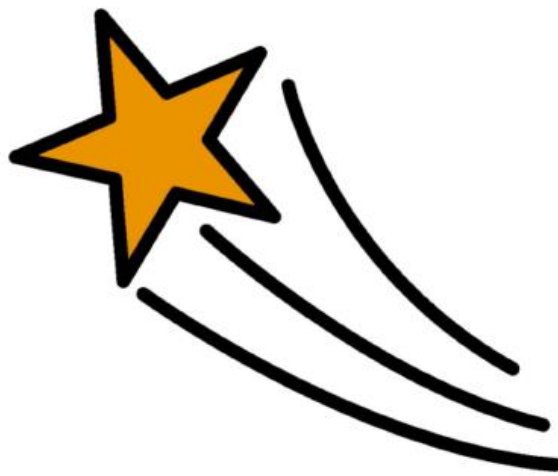


## **Preparing for the physio North Star activity**

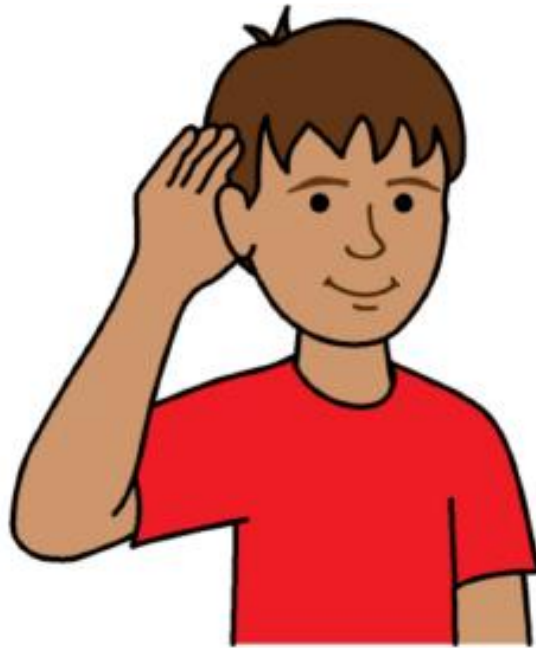
***To the parents:*** *This social story is just to introduce your child to this activity before we ask them to do it at clinic. There is no need to practise it at home. If your child is keen to, that's ok but just once is more than enough.*



You are going to visit the physio at the hospital.



When you are there, you will get to do  
the North Star activity.



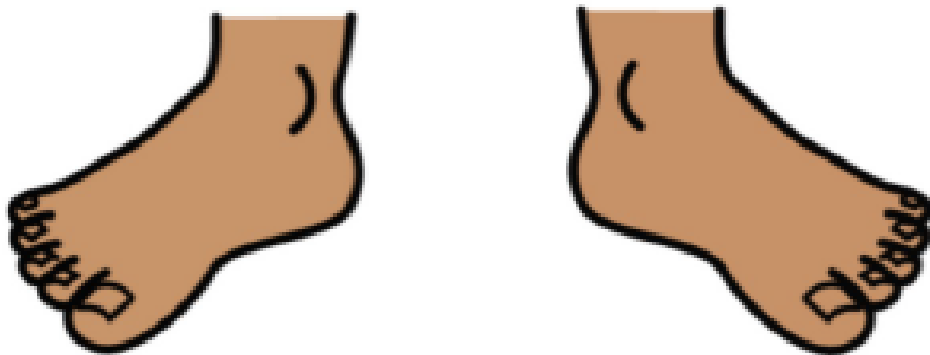
The physio will ask you to try to do different things,  
so you will need to listen carefully.



The physio will be kind  
and help you when you need it.



You can learn all about the North Star now,  
and even try it if you like.



First, you need to take off your shoes and socks.  
This is a bare-foot activity.





Then, stand tall and still.

And count...



1



2



3



4



5



Take a walk across the room.



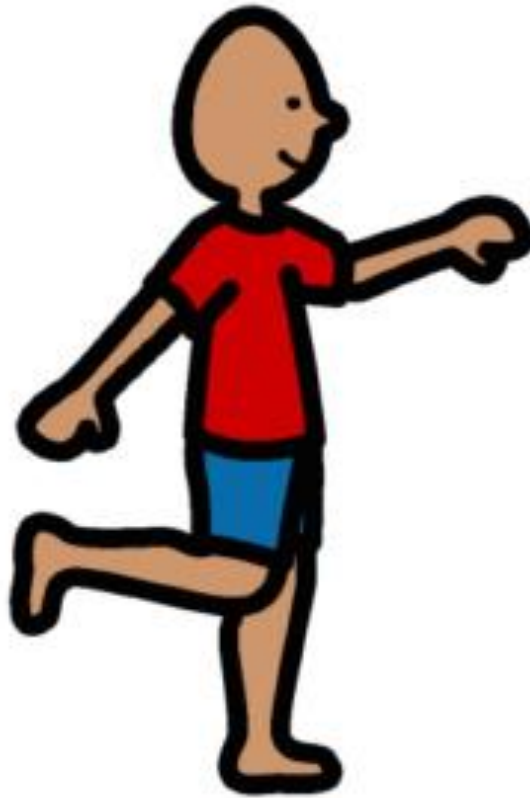
Then sit down on a chair.



Cross your arms and keep them there.



and then stand up again!



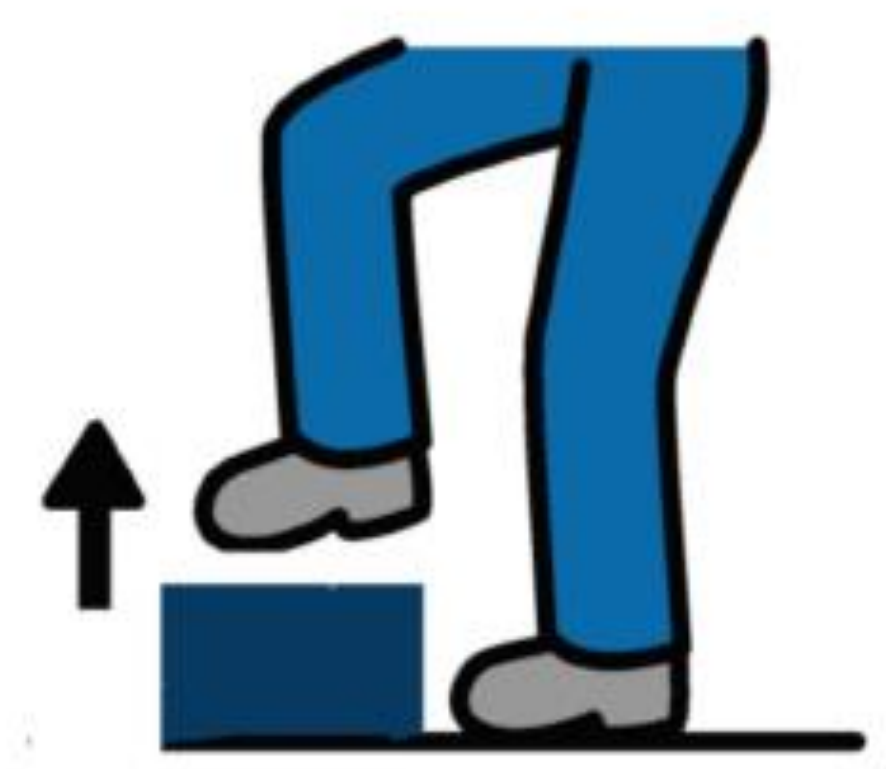
Try to stand on one leg

Then count:

1 elephant...

2 elephant...

3 elephant...



Can you find a step somewhere in your house?

Try to step up and down, without holding on.

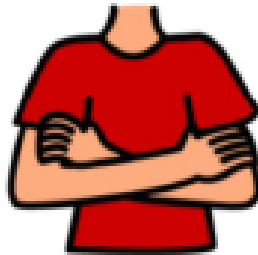
Be careful!



Good job!  
Now for a strange one.



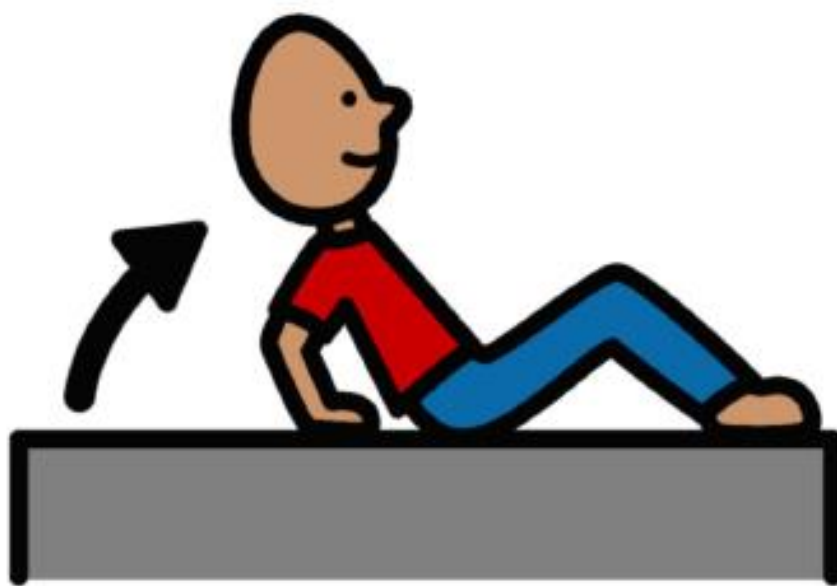
Lie on the ground



Cross your arms



and try to lift your head to look at your belly button



Then try to sit up using just one hand





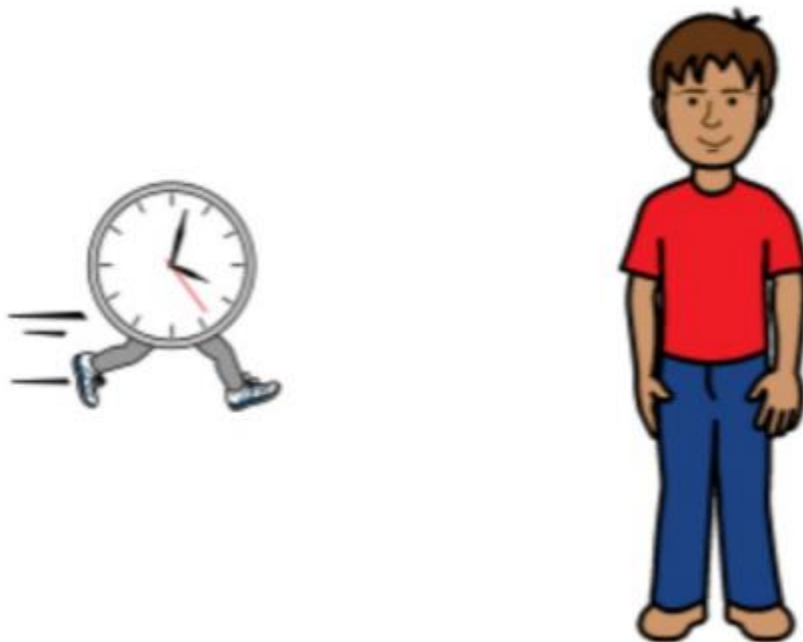
Great job!

Now for a fast one

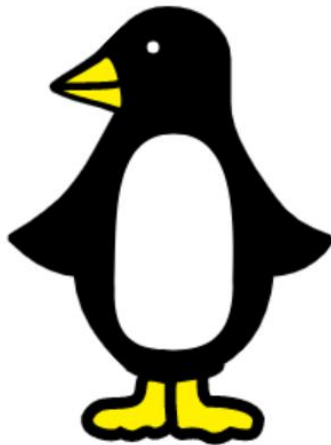
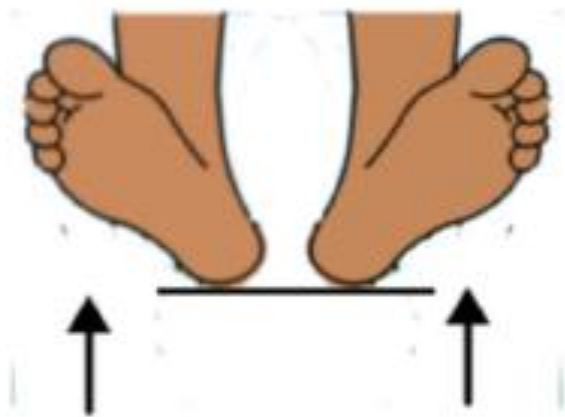


Lie on your back.

The physio will say, “ready, set, go!”

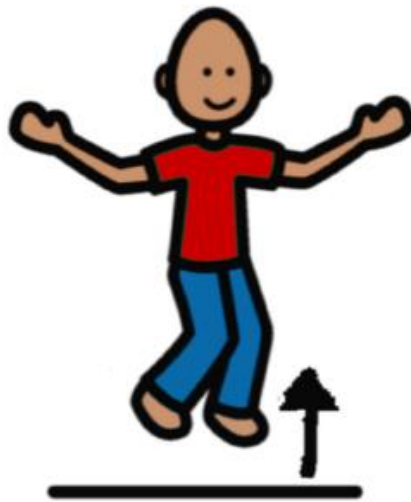


Then stand up as fast as you can.



Can you stand on your heels like this?

It's a bit like a penguin stands.



Now try to jump



Or hop?

This is tricky, just do your best.



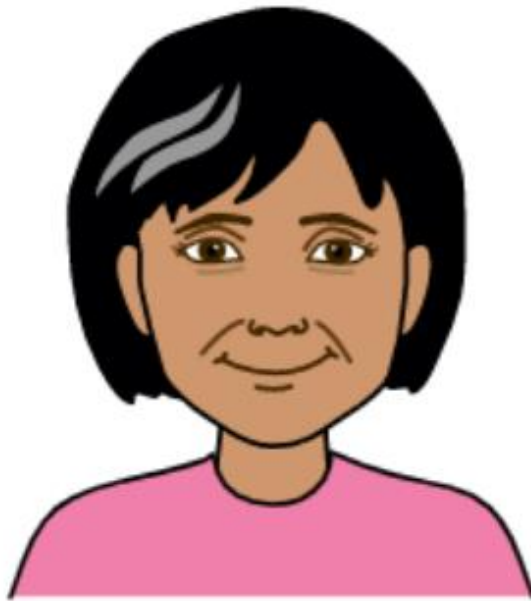
We are nearly done,  
It's time for a run!

“Ready, set, go!”



You have finished.

What a wonderful North Star you are!



Great job!

You can try it again when you come to see the physio  
at the hospital.

**If you have any questions, be sure to contact your local physio.**

Compiled using images from a Boardmaker® subscription by the neuromuscular team at RCH, Melbourne.