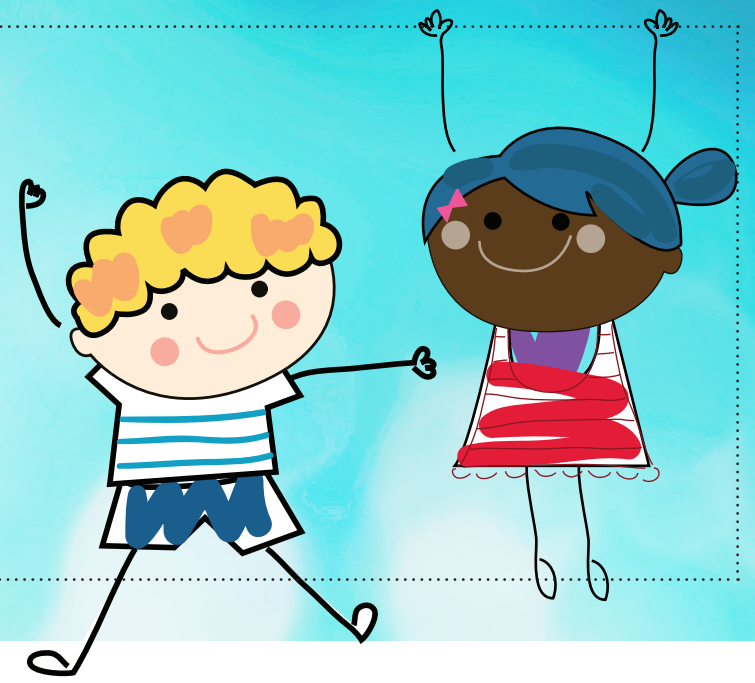




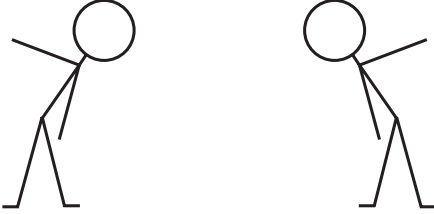

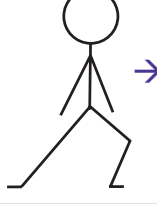

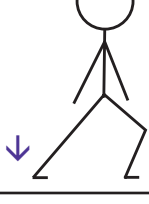

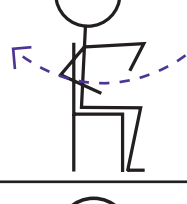

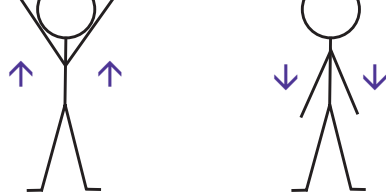
# STRETCH IT OUT



## INSTRUCTIONS FOR ALL STRETCHES:

- Hold for 15 – 30 seconds
- Make sure to perform stretch on both arms / legs, where appropriate
- Instruct children to breathe slowly and deeply while stretching
- Hold the stretch to the point you feel some tension, but not pain
- Don't bounce while holding the stretch

<p><b>REACH FOR THE SKY</b> Stand on toes and reach arms fully up.</p>	
<p><b>REACH FOR THE FLOOR</b> Bend at waist and reach arms to the floor.</p>	
<p><b>NECK</b> Gently look down, look up, look right, look left.</p>	
<p><b>SHOULDER SHRUGS</b> Bring shoulders up towards ears and hold for five seconds, release down.</p>	
<p><b>SHOULDERS</b> Bring right arm across front of body, hold with your left hand.</p>	
<p><b>CHEST</b> Arms behind back.</p>	
<p><b>UPPER BACK</b> Arms in front and lower chin to chest.</p>	
<p><b>BICEPS</b> Push arms straight out from sides, “push walls away”.</p>	

<p><b>TRICEPS</b> Reach bent arm overhead, gently holding elbow, reach down back.</p>	
<p><b>FOREARMS</b> Extend right arm out in front and use your left hand to gently pull fingers back.</p>	
<p><b>SIDE REACH</b> Slide the right arm down the right leg and reach the left arm overhead.</p>	
<p><b>LOWER BACK</b> Bring one leg up in front, hug knee towards chest.</p>	
<p><b>LUNGE</b> Begin with feet out wide, lean towards one side bending the knee, keeping the other knee straight.</p>	
<p><b>QUADS</b> Heel to buttocks, holding top of foot.</p>	
<p><b>CALF</b> Step one foot back and push heel to the ground.</p>	
<p><b>ANKLE ROLLS</b> Keep toes on the ground and roll foot to the right, then the left.</p>	
<p><b>SEATED LOWER BACK</b> Sitting in a chair, twist upper body to the right.</p>	
<p><b>SEATED HAMSTRING</b> Sitting in a chair, extend right leg out straight, bend at the waist and reach for toes.</p>	
<p><b>DEEP BREATH</b> Reaching arms up, take a deep breath in, lower arms down and exhale. This can be done sitting or standing.</p>	

Adapted From Fitburst Toolkit

