

Location	Rhythm	Nutrition	Equipment
In/Out	No	No	None

Get Ready:

- This activity is to help you relax, recharge, and refocus.
- **Stretching** and **relaxation** activities help **prevent injuries, improve flexibility, and promote overall good health.**
- I will be giving you a list of activities to do while standing (*or sitting for students unable to stand*) next to your desks.

Directions:

- Take a deep breath in and out.
- Take another deep breath; **reach and stretch your arms to the sky.**
- **Reach your right hand toward your left foot**, and slowly stand back up.
- **Reach your left hand toward your right foot**, and slowly stand back up.
- Do five **squats or single leg raises** (vary the depth of the squats, particularly if you go through this pattern more than one time).
- Do small **cross-over kicks near the floor or seated toe touches.**
- **March in place** with high knees.
- **Make small circles with your arms** to the side of your body.
- Take a deep breath; reach and stretch your arms to the sky.
- Take a deep breath in and out.

Tips:

- Older students can break into small groups and come up with their own routines.

Source: Adapted from an activity in Waterloo Catholic District School Board. Exercise in Disguise. Ontario. 2004.

Standard Connections

Did You Know?

- Today we did some **stretching** and **relaxation** exercises. **Stretching** helps keep our muscles **flexible** and can help protect against injuries. **Relaxation** helps to reduce stress!

Show and Tell!

- ✓ **Grades K-2:** *Show me* how high you can touch the sky! Now *show me* how low you can go! *Tell me* whether or not you feel more relaxed after our activity. Why or why not?
- ✓ **Grades 3-5:** *Show me* a good **stretch** for your legs! What about for your shoulders? *Tell me* what kinds of activities you do to **relax** when you're feeling stressed. Why?

Try This At Home:

- The next time you're feeling stressed, take one minute to focus on breathing and **stretching**. Moving will help reduce your stress!

