

Super Stretches for Kids!

MOVEMENT MONTH AT ROE VALLEY ARTS



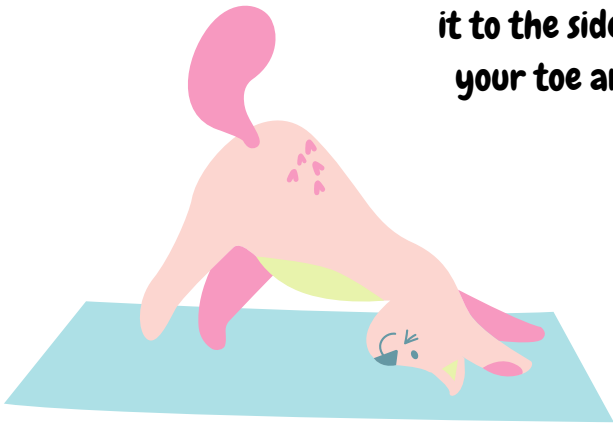
Start standing tall and take 3 deep breaths



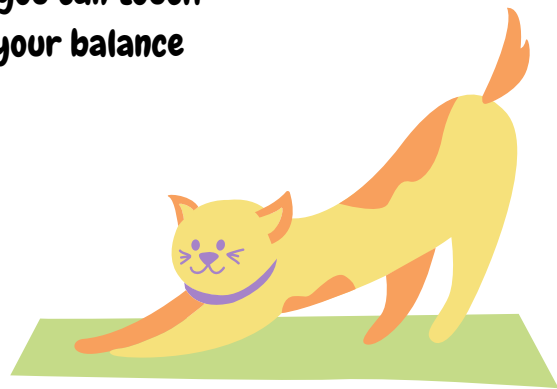
Test your balance and take your left leg off the ground and stretch it to the side. See if you can touch your toe and keep your balance



Try the other side



Fold forward and walk your hands out and stretch back into downward dog



Stretch all the back and sit on your heels and walk your fingertips forward to stretch out your back



Sit up and stretch your legs out wide – see if you can touch your toes!



Fold one leg in and stretch over to the opposite side – can you touch your toe? Now do the same on the other side



Finish by folding your legs and closing your eyes. Take 5 deep breaths and relax. Then open your eyes and have a great day!