

Stretching Exercise

Can you squeeze your hands into tight little balls, squeeze them tight, tight, tight, like your squeezing oranges!

Now squeeze your toes tight, tight, tight! Like your walking on a tightrope.

Now give yourself a big hug and squeeze tight, tight, tight, as tight as you can and stretch, wide, wide, wide.

Now squeeze your body into a little ball, like you're a tiny seed in the ground, squeeze tight, tight, tight! As tight as you can.

Now imagine it is spring and you are growing, growing, growing, you are growing into a beautiful flower.

See yourself growing, tall, tall like a beautiful flower in the sunshine.

Stretch as tall and wide as you can and imagine that you are a beautiful flower swaying in the wind. Stretch, stretch, stretch.

Now imagine you are swaying in the wind and wiggle, wiggle, wiggle your fingers, and take one more big Stretch!

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