

Morning Stretch

(Tune: Morning Has Broken)

It feels so good to start the day by stretching. (Stretch up high on toes.)
Breath in deeply and then let the air out. (Slowly breath in and out.)
Breath in fresh air – push the stale air out.
Stand up tall. (Stand with crown of head reaching up.)
Look left then right. (Slowly look left and then right.)
Roll your neck around (Gently roll your head around in one direction.)
So it's not too tight. (Roll head in opposite direction.)
Shoulders up and circle around (Shoulders up as if shrugging and around.)
Other direction without a sound. (Opposite direction.)
Slowly breath in and lift your arms up high. (Lift arms up and then down.)
Let the air out and bring your arms by your sides.
Now stretch your arms out (Stretch arms out in a T.)
Big circles make. (Make big circles with arms.)
Other direction, (Make circles in the opposite direction.)
Then swish and shake. (Swing arms like a dishrag left and right.)
Bend to the left with right arm over head (Straighten right arm and bend.)
Next on the right with left arm instead. (Straighten left arm and bend.)
Slowly... (Lift arms and breath in. Lower arms and exhale.)
Touch your toes, then stretch high in the air. (Touch toes then up.)
Once more touch toes, lift up your cares.
Heel up and bend down first on the right. (Right heel up and stretch.)
Then left heel up and bend with toes in sight. (Left heel stretch.)
Slowly... (Lift arms and breath in. Lower arms and exhale.)
Stretch the right calf, and then the other side. (Place foot back – heel down.)
Stand tall as can be and hug yourself with pride. (Wrap arms around self.)
Bring the corners of your mouth up toward your eyes.
Think of something happy and give big smile! (Squeeze body and smile.)
Slowly...

Activities: Why do you need to stretch before you exercise?

What are some other ways you can stretch?

How do cats and dogs stretch?

Why is it important to lower your heart rate and “cool down” after you exercise?

What are some ways to “cool down”?