

elephant stretch

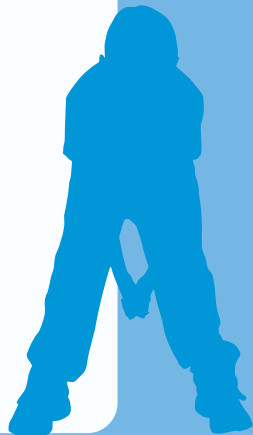
Direction:

Put fingers together, then bend over slowly from a standing position. With your back straight, swing your arms back and forth like an elephant's trunk as you walk.

The elephant walk stretches out the shoulders, arms and strengthens the legs.

equipment:

• just you!



flamingo stand

Direction:

Stand with your feet together, then stand on one leg like a flamingo (holding right foot in right hand) keep back straight and tummy in. Supporting leg should be soft. Keep knees together and push hips forward.

If a child is uncoordinated have him/her stand and hold on to a wall, or a partner, or bring the leg just slightly off the floor. This exercise also strengthens and stretches out legs and ankles and focuses on balance.

equipment:

• just you!



inch worm

Direction:

Assume a position where your feet are on the floor (shoulder width) while your hands are flat on the ground in front of you (also shoulder width). At the starting position, your bottom should be high in the air; imagine you are making an inverted 'V' with your body. Walk your hands out as far as possible, and then walk your hands back to the starting position. Preferably, at the end position, your tummy should be two to three inches off the ground.

The inch worm stretches and strengthens the back, shoulder, hamstrings, and gluteus maximus. It also strengthens the gluteus medius and the rest of the arm.

equipment:

• just you!



bear crawl

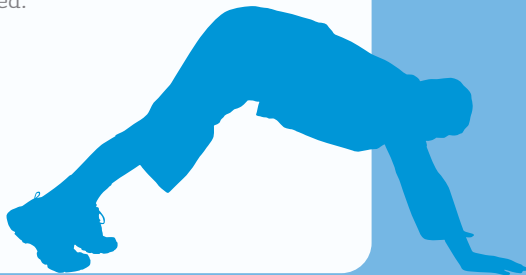
Direction:

On all fours you move along the floor keeping yourself low. Chest remains off the floor as you should move at a moderate pace to avoid 'hopping'. The bear crawl can be done moving forward, backward or sideways.

The bear crawl stretches and strengthens the hamstrings, gastrocnemius, soleus, the gluteus maximus and back. It also teaches coordination, agility, and speed.

equipment:

· just you!



seal pose

Direction:

Sit back almost on heels – not completely back on heels where it would hurt knees and ankles. Point fingers to the side like flippers. With back flat, lift chest to straighten elbows. Keep seat off heels and hold the pose. The seal pose is a little complicated and will take practice to get right.

The seal pose stretches and strengthens the quadriceps, abductors, adductors, the sartorius, patella, and back. It also teaches balance, coordination and agility.

equipment:

• just you!

