

SUMMERTIME STRETCHES

Stretching helps calm your mind and makes you feel good.



FLAMINGO STAND

Balance on one leg, like a flamingo.

Which leg can you balance on the longest?



FUNNY FLAMINGO FACTS

Flamingos rest by standing on one leg and eat with their head upside down.

Which do you like better, watching a sunrise or a sunset?

SUNSHINE STRETCH

Stretch your arms over your head in the shape of a big sun. Then try stretching from one side to the other.



SOAR LIKE A BIRD

Stretch your arms out like the wings of a bird and pretend to fly.

If you were a bird, where would you like to fly?



Have you tried twirling hula hoops on your arms? How many do you think you could twirl at once?

DO THE HULA HOOP

Pretend to hula hoop or use a real one.



FROG JUMP

Squat down like a frog and then jump up as high as you can.

How many times can you do this jump?

