

# Take a Break

## Get Ready!

MAKE ROOM wherever you're stretching so that everyone has enough personal space.



## Family Talking Points:

*Discuss together and write or draw your answers in the space provided.*

The stretching and relaxing we did helps prevent injuries and improve flexibility. Can you think of another stretch for your legs?

What kind of activities could you do to relax when you're feeling stressed?

## Instructions:

1. First, take a deep breath in and out. Now take another deep breath in and out while you stretch your arms to the sky.
2. Next, reach your right hand towards your left foot, and slowly stand back up. Repeat this with your left hand reaching towards your right foot.
3. Now, do five squats. Make sure to keep your weight on your heels. You should be able to lift your toes off the ground!
4. After that, do some small cross-over kicks near the floor.
5. Next, march in place with high knees. Then, while you are still marching, make small circles with your arms to the side of your body.
6. Finally, take a deep breath in and out while you stretch your arms to the sky.