



Take a Break



Get Ready!

This activity will help you relax, recharge, and refocus.



Make room

wherever you are stretching so that all players have enough personal space.

Instructions:

1. First, take a deep breath in and out. Now take another deep breath in and out while you reach your arms up to the sky.
2. Next, reach your right hand towards your left foot, then slowly stand back up. Repeat this motion with your left hand reaching towards your right foot.
3. Do five squats or single-leg raises. Vary the depth of the squats, and make sure to keep your weight on your heels. You should be able to lift your toes off the ground!
4. Next, do small cross-over kicks, keeping your feet low to the floor.
5. March in place with high knees. As you march, make small circles with your arms to the side of your body.
6. Finally, take a deep breath in and out while you reach your arms to the sky.

Family Talking Points:

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

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

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