

STRETCHING AND BENDING

Gross Motor Skills: Stability—Twisting, bending, stretching

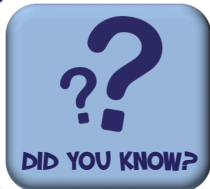
Suggested Ages: 2+ years

Suggested Materials: Calming music; activity spots, or carpet squares



How to Play: Lead children in the following movements. Do these slowly as a cool-down activity:

- Reach up to pull an apple from a tree
- Flop over like a rag doll
- Stretch to climb up a mountain
- Bend over to pull carrots out of the ground
- Form a letter with arms and legs
- Do a yoga-style pose of a tree or dog



The “Work” of Sitting Still

It takes more effort and endurance for a young child to sit still than it does to move. Stability activities help children build the endurance for being still.