



## **MOVE Group Short Stretching/Body Awareness Session**

This is a short introductory activity used in some of our MOVE groups. If any of the exercises/experiences are inappropriate for the child, please skip them.

### **Learning Objectives:**

- To improve muscle tone.
- To improve attention and listening skills.

**Setup:** play nature/garden/ocean sounds on YouTube.

**Go through all of the below exercises for at least 30 seconds:**

- Stretch out the toes on one foot
- Rub the bottom of the foot with your thumb
- Gently rotate the ankle on the same foot
- Push the leg up toward the tummy very slowly and hold for 5 seconds (3 times)
- Stretch out the toes on the other foot
- Rub the bottom of the foot with your thumb
- Gently rotate the ankle on the same foot
- Push the leg up toward the tummy very slowly and hold for 5 seconds (3 times)
- Squeeze both legs at the same time all the way up from the feet to the hips
- Wiggle the hips
- Squeeze all the way up the trunk to the shoulders
- Squeeze the shoulders
- Stretch out one arm to the side and stretch out the fingers (3 times)
- Stretch out the other arm to the side and stretch out the fingers (3 times)
- Squeeze from the hand all the way up to the head (both sides at once.)