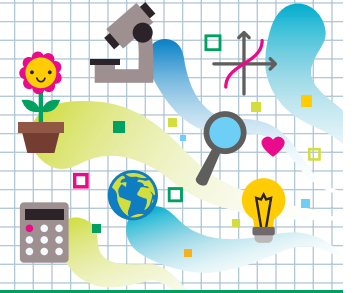




HEADS IN, HEARTS IN

Full Body Stretching

Instructions for Set-Up



Supplies

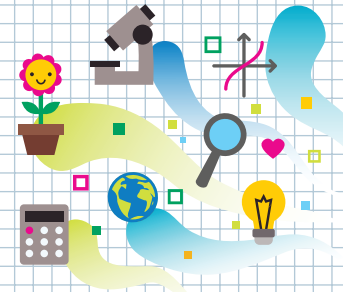
- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Full Body Stretching” handout (1 per family)
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print copies of the “Full Body Stretching” handout.



HEADS IN, HEARTS IN



Full Body Stretching

Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

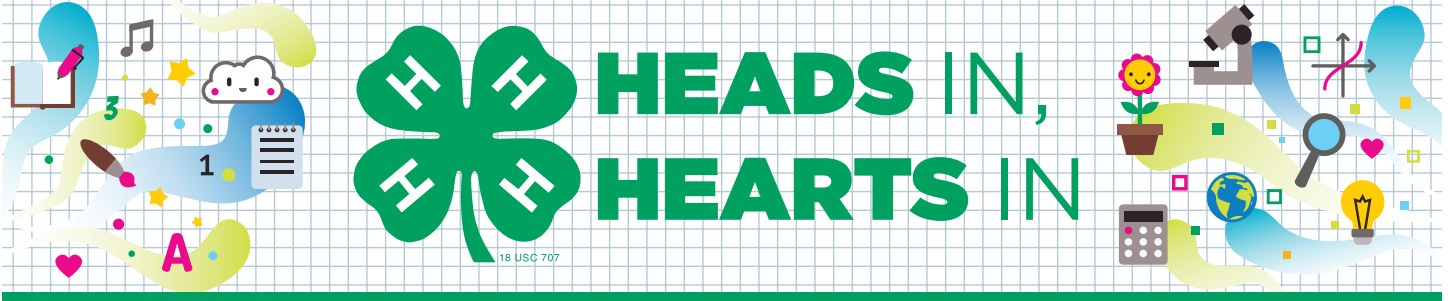
Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will stretch your whole body while engaging in intentional, slow breathing paired with movements. The goal is not to complete the activity quickly or be the one with the deepest stretch or the longest breath, but to do the activity in the way best for your body and where you are today. Modify or change the activity in any way you need to for it to be comfortable for you.

Instructions

1. Begin by standing up. Each movement will be paired with a breath, so you will move while breathing in (inhaling) and move while breathing out (exhaling).
2. Inhaling, lift both of your arms overhead, stretching them above your body.
3. Exhaling, let your arms slowly come back down to your sides.
4. Inhaling, lift both of your arms overhead, stretching them above your body.
5. Exhaling, keep your arms stretched tall, and lean your body down toward the right.
6. Inhaling, bring your arms back overhead, standing tall.
7. Exhaling, keep your arms stretched tall, and lean your body down toward the left.
8. Inhaling, bring your arms back overhead, standing tall.
9. Exhaling, bend forward, letting your arms stretch down toward the floor.
10. Inhaling, lift your body up, stretching your arms tall above your body and coming up onto your tiptoes.
11. Exhaling, drop down from your tiptoes onto flat feet, bend forward and bring your arms down toward the floor.



Full Body Stretching

Guide for Families, continued

12. Inhaling, slowly bring your body up, stretching your arms over your body.
13. Exhaling, bring your arms down to rest at your sides.
14. Repeat these stretches as many times as you would like. Add or substitute with your own movements.

Full Body Stretching

Full Body Stretching Handout

Inhale	Exhale
<p>Inhaling, lift both of your arms overhead, stretching them above your body.</p> 	<p>Exhaling, let your arms slowly come back down to your sides.</p> 
<p>Inhaling, lift both of your arms overhead, stretching them above your body.</p> 	<p>Exhaling, keep your arms stretched tall, and lean your body down toward the right.</p> 
<p>Inhaling, bring your arms back overhead, standing tall.</p> 	<p>Exhaling, keep your arms stretched tall, and lean your body down toward the left.</p> 

Full Body Stretching

Full Body Stretching Handout, continued

Inhale	Exhale
<p>Inhaling, bring your arms back overhead, standing tall.</p> 	<p>Exhaling, bend forward, letting your arms stretch down toward the floor.</p> 
<p>Inhaling, lift your body up stretching your arms tall above your body and coming up onto your tiptoes.</p> 	<p>Exhaling, drop down from your tiptoes onto flat feet, bend forward and bring your arms down toward the floor.</p> 
<p>Inhaling, slowly bring your body up, stretching your arms over your body.</p> 	<p>Exhaling, bring your arms down to rest at your sides.</p> 