



Sesame Super Stretch

Stretching keeps us flexible, which means we're able to move and bend our bodies easily – without tightness or pain. Most kids are pretty flexible, but they still can enjoy the best part of stretching: It feels great!

* Try This!

After sitting still in circle time, this is a great way to get children up and moving.

Children will:

- < Stretch their bodies in a variety of ways
- < Learn that stretching helps “wake their bodies up”
- < Mirror movements they see in pictures

Materials:

- < Sesame Super Stretch Chart (copy page 32)
- < Small block

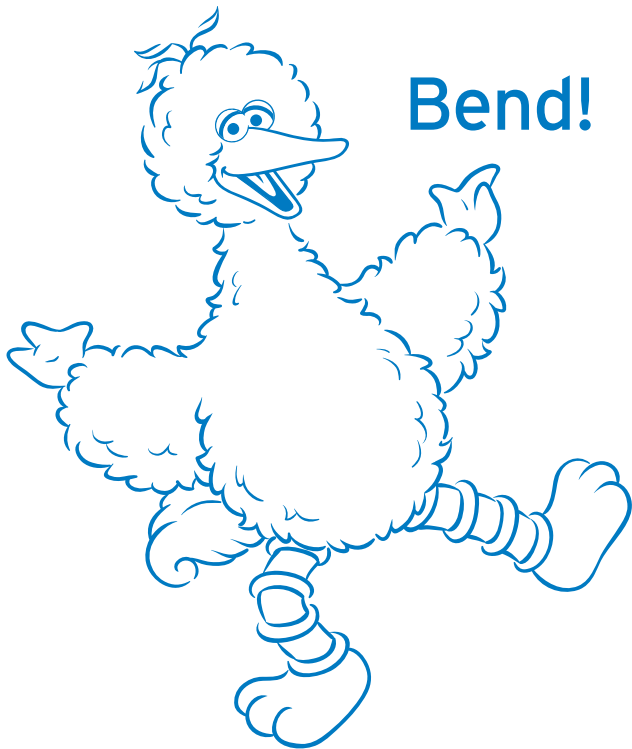
Ask children:

Can you pretend you are waking up in the morning? How does your body feel? Now pretend you are sitting in the car for a long time. How do you feel? How does your body feel right now?

Activity:

1. Do some warm-up exercises (run or jump in place).
2. Introduce different stretching moves:
 - Stretch UP! (reach up to the ceiling)
 - Stretch DOWN! (reach down to your toes)
 - Stretch all AROUND! (hold your arms out to the sides and move them around slowly in BIG circles)
3. Have children take turns tossing the block onto the Stretch Chart to see which stretch it lands on. All children then stretch the way their Sesame Street friend is stretching on the chart.
4. Ask, “What does it feel like after you stretch your muscles? Check your body – are there any spots you want to stretch more so you can move more easily?”

Handout: Sesame Super Stretch Chart (see page 31)



Bend!



Wiggle!



Reach!



**Touch
your toes!**



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