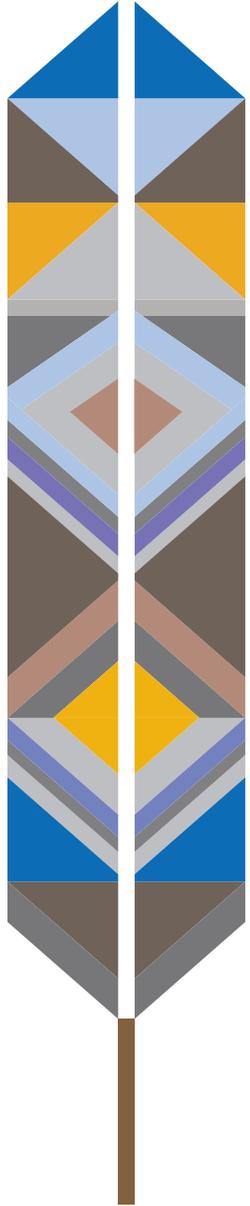


# APPENDIX B



# Stretching Guide



## APPENDIX B STRETCHING GUIDE



### SAFE STRETCHES

Stretches gradually increase muscle elasticity and the range of motion at joints. After the cool-down, stretch all major muscle groups and those muscles to be used in the activity. Hold stretches (15 – 30 seconds) to work on improved flexibility. Some exercises below are designed to stretch muscles, while some are designed to move the joints through their range of motion. Some exercises stretch more than one body part.

### NECK

#### *General Stretches*

- Slowly bend neck to the right side, moving right ear toward right shoulder. Hold.
- Repeat on left side.
- Slowly bend neck forward, moving chin toward chest. Hold.
- Slowly roll head across chest from shoulder to shoulder in a half circle. Repeat four times.

#### *"I Don't Know!"*

- Slowly tilt head side to side, shrugging shoulders.
- Raise hands in a gesture as if to indicate, "I don't know!"

### SHOULDERS

#### *Swan Dive*

- Raise arms outward from sides to shoulder height.
- Slowly press arms backward and hold.
- Feel a stretch across chest and down arms. Repeat.

#### *Snail Stretch*

- In a kneeling position, with arms stretched forward and hands placed on the floor, try to touch armpits to the floor.

- Keep rear end high, pretending it is the snail's shell. Press your body low to the ground and pretend to be a small snail.

### ARMS

#### *Tall as a House, Small as a Mouse, Wide as a Wall*

Students stretch "tall as a house, small as a mouse and wide as a wall":

- Stand on tiptoes with arms overhead, stretching fingers up to the sky, to be tall like a house. Hold.
- Crouch down, hugging knees and tucking head down toward chest to curl up like a mouse. Hold.
- Slowly return to standing position and extend arms and legs out on each side of body to stretch as wide as a wall. Hold.

#### *Growing Flowers*

- Stand with feet planted shoulder width apart.
- Crouch down, tucking head toward chest and folding arms across front of body, like the closed petals of a flower.
- Slowly rise to standing position while unfolding arms.
- Extend arms overhead, like an opening flower. Repeat.

#### *Shake and Splash (range of motion activity)*

- Gently shake hands as if shaking water off fingers.
- Flick fingers away from body as if splashing water.
- Flick other body parts (e.g., toes, hips, arms) as if splashing water.

#### *Arm Swing (range of motion activity)*

- Swing arms slowly forward and back.
- Swing arms in front of body.
- Swing arms overhead.





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### *Scarecrow (range of motion activity)*

- Pretend to be a scarecrow, putting arms out to the side, parallel to the ground, palms facing backwards.
- Bend arms at the elbows and let hands swing down and toward the body.

## HANDS & WRISTS

### *Fist and Stretch*

- Make a tight fist, then spread out and relax fingers.

### *Finger Press*

- Press finger pads together.
- Pretend to make hands look like a spider doing push-ups on a mirror!

### *Wrist Circle*

- Rotate wrists by drawing circles with hands.

## BACK

### *Be a Star*

- Stand with feet placed wide apart. Move onto tiptoes and extend arms over head, so your body looks like five points of a star.
- Hold stretch while standing on tiptoes.

### *Hug Me*

- Hug yourself, hug tightly, and release.

### *Cat Stretch*

- Stand with feet planted shoulder width apart, knees slightly bent.
- Bend forward, placing hands on knees and keeping back flat.
- Slowly arch back upward, into a rounded position.

- Hold, then return back to a flat position. Repeat.

### *Horse / Camel*

- Get down on your hands and knees.
- Create the horse position, with back slightly arched and head up. Hold.
- Create the camel position, with back curled and head down. Hold.

## ABDOMINALS & WAIST

### *Side Bends*

- Stand with feet planted shoulder width apart, knees slightly bent. Bend at hips from one side to the other, while keeping body facing straight forward.
- Hold the position without bouncing.

### *Sit 'n' Twist*

- Sit, with one leg bent and foot flat on the floor, the other stretched out in front.
- Twist body gently from waist, on the straight leg side, and try to look behind you.

### *Slow Motion Lie Down (strengthening exercise, not a true stretch)*

- Sitting position, with knees bent, feet flat on the floor, and arms parallel to the floor and forward.
- Lower the body slowly, hold at the halfway point, and return to start.

### *Crunches (strengthening exercise, not a true stretch)*

- Do a partial sit-up, hands touching forehead or crossed at waist.
- Lift head and shoulders off the ground, and hold.
- Knees must be bent throughout, with feet either flat on the floor,





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or legs in a vertical position (with knees slightly bent).

### HIPS

#### *Butterfly (and inner thigh stretch)*

- Sit with legs forward, knees bent to the side and soles of feet touching.
- Using hands, gently press knees toward the floor. Hold.

#### *Seat Walk (range of motion activity)*

- In a sitting position with legs straight forward and together, move forward using only the hips to initiate movement.

### LEGS

#### *Shin Stretch*

- Hold onto desk, chair or wall for balance. Stand with feet slightly apart.
- Lift one foot and place it slightly behind you, gently pressing the top of the foot into the floor. Feel a stretch up the shin.
- Keep knee of supporting leg slightly bent. Hold. Repeat with the other leg.

#### *Elbow Lunge*

- Stand with feet wide apart and knees bent.
- Place hands resting on thighs or on the floor in front of the feet.
- Lunge to the side by bending one leg and straightening the other, keep feet flat on the floor.
- Try to touch your elbow to the floor on the bent leg side.
- Alternate sides.

#### *Calf Stretch*

- Place feet together and hands on the floor ahead of feet. Press

with arms to straighten legs, and push with shoulders.

- Push up with arms and straighten arms and legs.
- Cue words: "Make your body into a triangle."

### ANKLES AND FEET

#### *Foot Flex (range of motion activity)*

- Lie on back, with legs vertical and knees bent.
- Alternately flex and extend the ankles.
- Try moving both feet at the same time.

#### *Ankle Rotation (range of motion activity)*

- Lie on back or sit, using hands for support, with legs bent in front of you.
- Raise one leg off the ground and rotate foot at the ankle.
- Repeat with other foot.

### FULL BODY

#### *Sky Stretch*

- While standing on tiptoes, stretch arms over head, reaching up as high as possible. Hold, release, and repeat.

#### *Funny Body Shapes*

- Make interesting shapes (poses) with body, or by using specified body parts, to express the following emotions:
  1. angry
  2. strong / weak
  3. tired / full of energy
  4. sad / happy
- Hold body in each pose.





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### *Body Stretch*

- Pretend to be a puppet being controlled by strings.
- Be loose and limp, then tighten and stretch.
- Stretch up high, reaching with fingers, arms, legs, tiptoes, and finally the whole body.

