

# Body Calming

## Spring Stretches:

Stand up and reach to the sky. Count to 5. Now, bend your knees and reach in front. Count to 5.

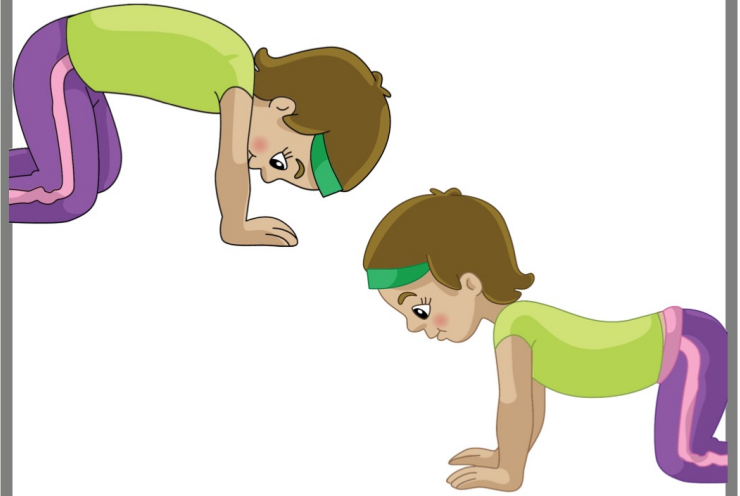


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## Bear Wakes Up:

On hands and knees, round your back and count to five. Now, arch your back and count to five.



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## Strong Spring Legs:

Stand in front of a chair. Hold your foot and stretch one leg. Say the alphabet. Now, switch sides.



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## Strong Spring Arms:

Sit in a chair. Hold the sides. Try to push yourself up and down 5 times. Take a break. Try again.



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