



Physical Health, Well-Being, and Movement Skills Activity for 54 to 60 Months

Rubber Bodies

Yoga-like stretching and breathing help children relax and increase flexibility.

Materials:

- CD/cassette player
- Soft, soothing music

What to do:

1. Turn on soothing music. Dim the lights, if desired.
2. Have the child lie on his back in an open space large enough for him to move freely.
3. Tell him to take five deep breaths, and count out loud as he breathes.
4. Tell the child to close his eyes and make his body heavy and limp. Start with the toes and move up through the body.
5. Sit up slowly and have the child place his legs out in front of him to make an "L" shape. Point toes in and out slowly.
6. Have the child hold out his arms in front of him, level to the ground. Encourage him to pretend he is driving a car and moving the steering wheel from one side to the other.
7. Continue with a variety of simple poses and stretches: Have the child sit with his feet in front of him and slowly move his knees up and down like butterfly wings. Have him lie on his stomach and push gently up on arms, like a seal.
8. Invite the child to stand and stretch out his arms out like a tree and sway in the wind. Or, have him lie on his back and draw circles in the air with his toes.
9. End by lying down again and relaxing all body parts. Count five, slow breaths to end.

