

Exercises

Stretching

Kids Level 1

Stretches help reduce spinal imbalance and improve nerve health. Stretches help restore balance through the spine and dura (the tissue around the spine) supporting a balanced system. This allows the body to move and function better.



Toe Touch

Start with your legs out straight. Lean forwards and touch your toes. Try to put your head on your knees. Hold the stretch for 10 counts.

CONCENTRATE ON: Bent knees. It's important to keep your legs straight at all times. Take big breaths in and out while holding this position for a deeper stretch.

GOAL: To stretch your hamstrings and spine with ease.



Butterfly Stretch

Sit on the floor with your feet together and knees open. Lean forward and try to get your belly button as close as you can to your feet. You can put a toy on top of your feet if it helps. Hold for 10 counts.

CONCENTRATE ON: Bending from the hips rather than tucking your chin.

GOAL: To stretch the abductors and base of the spine.



Upside-down Stretch

Lying on your back on the floor, place your elbows on the ground and lift your shoulders, chest and head off the floor. Let your head slowly drop backwards. Push your chest up into the air. Hold for 5 seconds and then relax.

CONCENTRATE ON: Keeping your chest up high rather than sinking into your shoulders.

GOAL: This is designed to stretch the front of the neck and open the chest.



Tricky Twist

Sit on the floor with your legs out straight. Cross the left leg over the right and keep your left knee bent. Twist to the left with your upper body so your right arm crosses over the front of your left knee. Keep twisting your upper body and look over your left shoulder. Hold for 3 counts. Then do the other side.

CONCENTRATE ON: Keeping your spine nice and straight when you turn.

GOAL: To achieve equal rotation on both sides.



Child's pose

Kneel on the ground with your knees slightly apart. Bend down slowly so your bottom is resting on your feet and your arms are out in front of you. Extend your arms out as far as they can go, try to get your forehead to touch the ground. Slowly inhale and exhale for 5 deep breaths.

CONCENTRATE ON: Breathing slowly and relaxing into the position.

GOAL: To lengthen the spine in a relaxed position.

Cat – Cow

Have the child start on all fours, with the spine and neck in a neutral position. The eyes should look straight down to the ground. Have them breathe in while dropping the belly down and slowly lifting the neck and head up to look at the sky. When the child exhales, ask them to lift the spine so that the back is arched like a cat's. Make sure the chin is tucked by asking the child to look for their belly button.

WATCH FOR: Bending of the arms.

GOAL: To increase flexibility of the spine and encourage good breathing habits.



Well Kids are **active** to help their brain & body grow!

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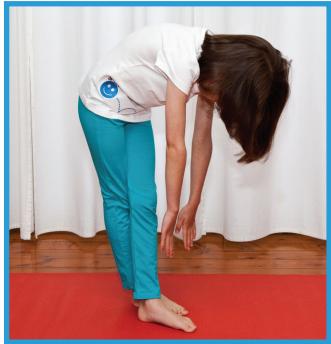


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Cross & Touch

Standing up tall, cross your legs and keep them straight. Now bend forward to touch your toes. Hold the stretch for 30 seconds on each leg.

CONCENTRATE ON: Keeping your legs straight. It can be a difficult exercise, but it's really important!

GOAL: For you to touch your toes with ease and comfort for the whole 30 seconds.

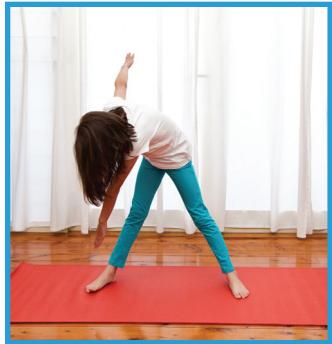


Shooting Rocket

Stand up straight with your arms above your head, palms together and your feet slightly apart. Keeping as tall as you can, tilt to the right as far as you can and hold for 5 seconds. Then repeat on the other side.

CONCENTRATE ON: Keeping your arms straight and hands together. It's easy to roll forward, so really concentrate on keeping your chest straight!

GOAL: To improve your flexibility to each side and over time bend further and further.



Shooting Star

Standing with legs apart and arms out wide, swing the left arm down and across to the right foot. Point the left arm up to the sky and point it to the stars. Hold for 2 counts.

CONCENTRATE ON: Keeping your arms and legs straight the whole time. Bend at your waist.

GOAL: To feel a nice stretch in your legs and your spine.



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Backwards Rocket

Stand up straight with feet together. Reach arms up straight overhead with your palms together. As you look up, slightly lean backwards. Hold for 3 counts.

CONCENTRATE ON: Keeping your arms and legs straight. You don't need to lean too far back, just a little (10 degrees). Hold your tummy tight!

GOAL: To get better and better at leaning backwards to help your spine get stronger.



Triangle

Lying on your tummy, push your bottom into the air as far as it can go and balance all of your weight on your hands and balls of your feet. Hold the position for 3 breaths, and then relax down to the ground.

CONCENTRATE ON: Pushing up as high as you can for a nice stretch of your calf muscles and spine.

GOAL: To push up higher and higher each time.