

TIME for BED

RELAXATION STRETCHES



Little Goose

Lay on your back with your feet up on the wall and legs straight. Spread your arms apart flat on the floor.



Little Cat

Snuggle in tight! Sit criss cross applesauce on the floor. Bend forward at the hips and place your forehead on the floor.



Little Cow

Clasp your hands together behind your back and bend forward at your hips.



Little Foal

Lay on your back on the floor. Pull your knees in and hold them tight. Whisper about your day.



Little Fish

Take a deep breath. Puff up your cheeks and hold your breath. Slowly let it out.



Little Sheep

Stand near a wall. Place both hands on the wall at shoulder height. Bend your elbows slightly and push in and out against the wall.



Little Bird

Close your eyes and take deep breaths. Breathe in through your nose and out through your mouth.



Little Bee

Stand with your feet slightly apart. Bend forward at your hips. Swing your arms in a figure eight motion.



Little Snake

Lie on your back with your legs straight and crossed at the ankles. Raise your arms over your head and cross them at the wrists.



Little Pup

Stand with your feet shoulder width apart. Bend forward at the hips and place your hands on the ground, shoulder width apart.



Little Deer

Sit on the floor with your feet spread far apart. Bend forward at the hips and touch one foot and then the other.