

Stretching and Strengthening Exercises

Hug Yourself Stretch

Standing up, students cross their arms and wrap them around their bodies as far as they can stretch. Then they turn the upper body to the right and left. Continue for 20 seconds. They then recross arms so the other arm is on top. Repeat the stretch for 20 seconds.

Leg Grab

Standing up, students grab (from behind) either the right ankle with the right hand or the left ankle with the left hand and lift the lower leg behind (up) against the buttocks. They should be standing up with back straight and bent knee pointed toward the ground. Hold for 10 seconds. Tell them to switch legs and repeat three times. If they have trouble maintaining balance, they can place their free hands on a desk or wall.

