

Stretching our bodies

Carve in some time to stretch your bodies throughout the nursery day with our top tips!

Not only does stretching raise children's awareness of their muscles but it can help to support the body to connect with the mind too.

- Using basic animal poses can help to support the body to connect with the mind
- Poses could include lying flat on bellies and stretching every part of the body as much as they can, making it as long as they can and then relaxing, sinking into the floor
- Lying with legs up a wall can help to re-calibrate the chemicals in the brain (and adults too)
- There are resources available that can support this and lots of information on the internet about safe poses that you can do with the children
- Creating a role play area such as a gym or yoga studio is quite a nice way to get the children interested; mirrors, mats, yoga cards, photos of poses etc.

