

Stretch Like Pooh 🐻🍯

Reach for the Honey Pot (Overhead Stretch):

Imagine there's a big pot of honey on a high shelf.
Reach both arms up to grab it.
Stretch high, high, HIGH on your tippy-toes!
Hold for 5 seconds, then slowly lower down.



Butterfly Friend (Seated Butterfly Stretch)

Sit on the floor, bring the soles of your feet together, and flap your knees gently like butterfly wings.

Pretend you're a butterfly flying around the Hundred Acre Wood.

Can you spot flowers to visit? Count to 10 as you flap!



Oh, Bother! Big Bear Yawn (Side Stretch)

Stand tall and raise one arm over your head.
Lean to the side like you're yawning after a big
Pooh nap.
Hold for 5 seconds and switch sides.



Bounce Like Tigger (Calf Raises)

Stand on your tippy-toes and bounce gently like Tigger! Try to bounce five times and then freeze like Rabbit counting vegetables.



Eeyore's Tail Stretch (Forward Bend)*

Stand with feet apart and slowly bend forward to touch your toes. Pretend you're looking for Eeyore's tail on the ground.

Hold for 5 seconds, then roll back up.



Christopher Robin's Big Hug (Cross-Body Stretch)

Cross one arm over your chest and use the other to gently pull it toward you.
Pretend you're giving your friends a big hug!
Hold for 5 seconds on each arm.



Piglet's Courageous Pose (Balance Stretch)

Stand on one foot and stretch your arms out like airplane wings for balance.

Switch feet after 5 seconds.

Imagine Piglet cheering you on for being so brave!



Relax Like Pooh (Child's Pose)**

Kneel down and stretch your arms out in front of you while resting your head on the floor. Pretend you're Pooh Bear dreaming of honey. Take three deep breaths and relax.

