

CURIOSITY TIME: STRETCHING

VIDEO: Stretching

LEARNING OBJECTIVE: Students will learn about the benefits of stretching and the importance of having healthy habits

FOR AGES: 4-8 years old

LESSON TIME: 1 hour



INTRO (10'):

Tell your students that today you will be learning about stretching and its benefits.



- Ask your pupils to sit down on the carpet facing the board, and project [this video](#). When required, students will stretch along following Coach Libby's instructions.
- Discuss the benefits of stretching and/or if your students are familiar with it.
- Talk about yoga with your students and ask them if they know any poses.

LESSON (15'): IT'S TIME TO MOVE!

- Place the furniture in a way such that you get an empty space big enough to practice yoga in it.
- Ask your students to find an area to settle in that is big enough so that they can stretch their arms horizontally and not touch anything (or anyone!)
- Play [this Lingokids Yoga video](#) and ask your students to move along with Lani and mimic her animal movements.

PRACTICE (30'): STUDENTS WILL WORK ON THEIR WORKSHEETS.

WORKSHEET FOR YOUNGER STUDENTS (PAGE 1)

Younger students will think of another three habits they can incorporate into their lives that will help them feel better. They will write them down with the help of their teacher, and make a drawing of it.

WORKSHEET FOR YOUNGER STUDENTS (PAGE 2)

Older students will have to sort out a list of habits into positive or negative habits for a person. Additionally, they will have to work with a partner in order to think of ways they can revert two of the negative habits listed above, and make them positive. They will be asked to make a drawing of it.

** The teacher should feel free to use **these materials** in any way that matches the needs of their students: promoting independent work, getting students in turns to do the activities on the board, etc.*

TRANSITION TO THE NEXT CLASS (5'):

Allow for students to clean up the classroom, put materials away, and get ready for the next class.



ADDITIONAL ACTIVITIES FOR CURIOSITY TIME: STRETCHING

YOGA

YOGA WITH LINGOKIDS:

Yoga is a great way to stretch your muscles and get stronger! Here you have a link to the Lingokids channel where you can find our friends Lisa, Cowy, and Elliot practicing yoga and helping stretch their bodies! Namaste.

ROLE PLAYING

FITNESS CLASS:

Imagine you are a fitness instructor and that you have to teach a fitness class in your studio. Choose two of the stretches shown in the video and add two more of your choice. Create a choreography and then ask your friends and family to join you so that you all can stretch your muscles together!



OUTDOORS

STRETCH AND SPELL:

Gather some friends and use your bodies to spell out the names of the people playing this game. Make one letter at a time and hold each for 3 seconds. Do as many rounds as people playing so that everyone gets their name spelled.

GAME

MIRRORING

You need two kids to form a team and set a time limit of 2 minutes. Person A will perform activities like moving the arms or feet, or doing simple stretches. Person B will follow Person A. After two minutes the process reverses.

