



Game Details

➤ **Equipment Needed:** none needed

➤ **Skills:** Balance

➤ **Grades:** K-7

➤ **Game Type:** Any

How to Play

Guide participants through static or dynamic stretches.

Have participants take deep breaths as they move through a variety stretches.

Modifications



Include stretches where participants stand on one leg or are inverted (i.e., downward dog).



Choose seated stretches.

Utilize walls or peers to assist in balance while stretching.