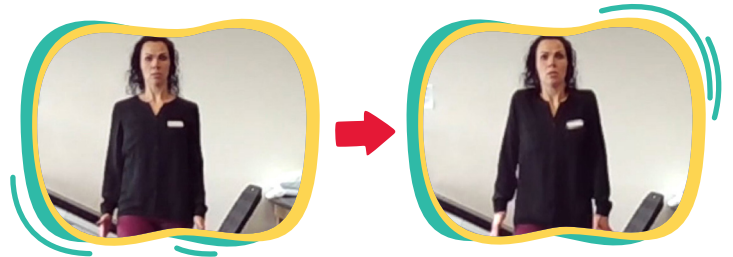


Dynamic Warm-up

These moves are designed by our physical therapists to prepare your child for online learning by releasing tension in the neck and shoulders, promoting blood flow to the brain for improved focus, and getting the left and right sides of the brain communicating by reaching across the center of the body. Perform each for 30 seconds.

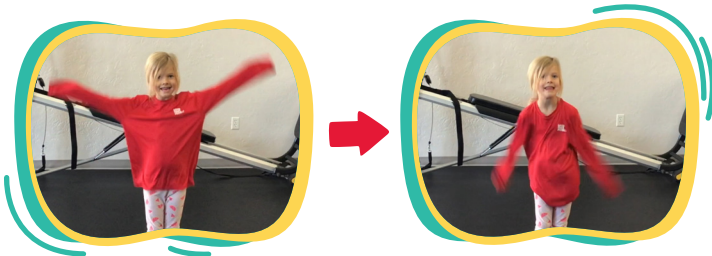
Shoulder Rolls

From a standing or seated position, lift your shoulders up toward your ears and then back and down. Add some extra calm by linking your breath with the move – inhale up, exhale down.



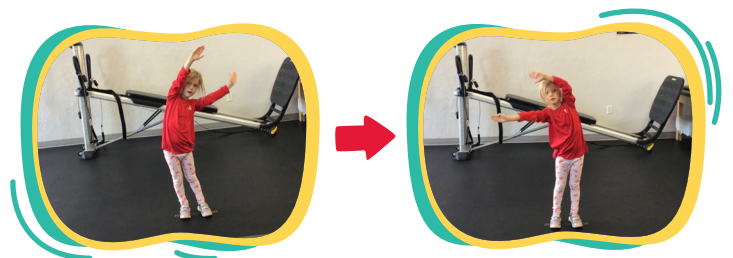
Arm Circles

Stand with feet hip width apart, arms out to the side. Move your arms in circles forward 10 times, and then backward 10 times. Try making big circles and then little circles or start little and increase to big and then reverse.



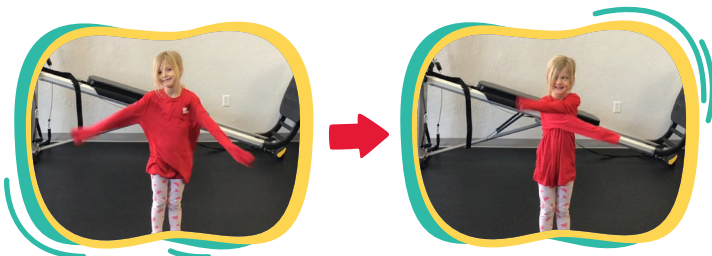
Moon Reaches

Stand with feet together and reach arms up to the sky. Gently reach both hands to the right side, feeling a stretch through the left side of the body. Hold for 5 seconds. Return to the starting position and then switch sides.



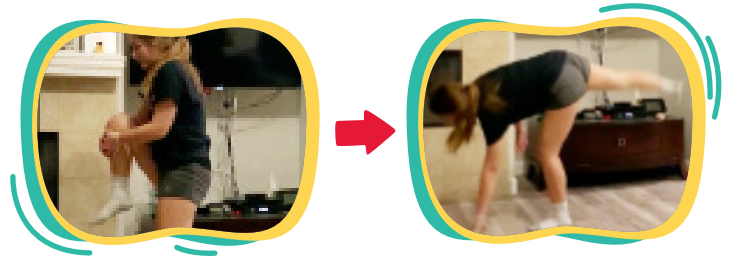
Tree Hugs

Reach both arms out in front as if hugging a big tree then open your arms up and squeeze your shoulder blades together.



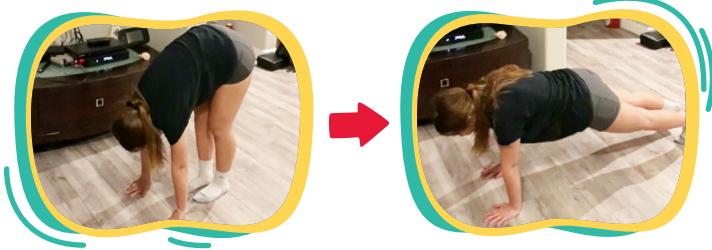
Flamingo Walks

Standing on left leg, bring right knee in toward chest. Keeping your weight on your left leg, move your right leg behind you, letting your chest come down toward the floor (touch the floor with your hand if you can). Return to standing as you put your right foot down and then try it with the other side.



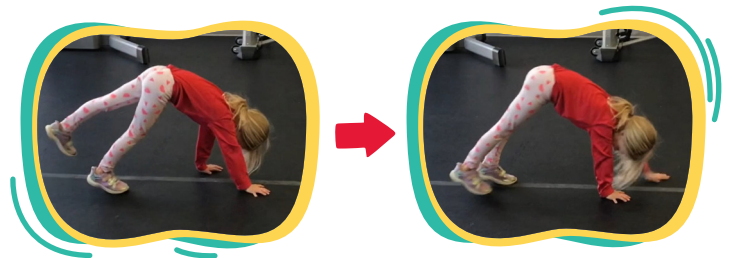
Inch Worms

Start standing with feet slightly apart. Bend forward until your hands touch the ground. Walk your hands out until your body is in a plank position. Hold for 2 seconds and then walk your feet up to your hands.



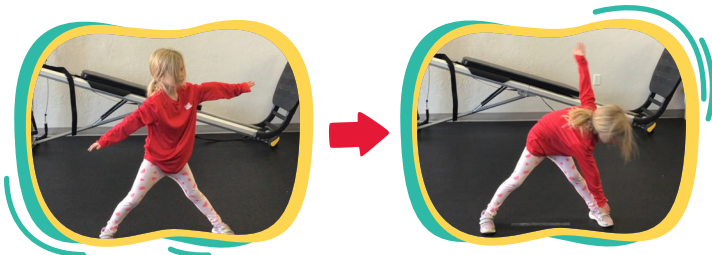
Bear Crawls

Start on all fours with legs straight. Move forward across the floor, moving the opposite arm and leg at the same time. Try to keep legs as straight as possible as you move.



Windmills

Start with feet in a straddle position, arms straight out to the side. Bending at the waist, reach your right hand toward your left foot and return to the starting position. Repeat on the other side.



Scissor Jacks

Start with legs in a straddle position and arms straight out to the side. Hop your feet together crossing one leg in front of the other and cross your arms in front of your body at the same time. Hop to return to the starting position. Repeat, alternating which foot lands in front and which arm crosses over the top.



Monster Walks

Start standing with feet hip width apart and arms straight out in front. Take a step with your right foot and lift your left leg up to your right arm. Then step with your left foot and lift your right leg up to your left arm.

