



Exercise Information sheets

Stretching exercises

You can use:

- Just yourself
- A helpful pole
- or someone's hand for balance



How to move:

- We like to begin and end with some big deep breathes
- Gentle stretches should not hurt – just move your body as far as you can safely manage
- Hold each stretch for around 10 seconds if you can
- Think about stretching arms, legs and torso
- Remember to keep breathing as you stretch

Challenge:

- Do stretches standing up to also work on balance

Simplify:

- Do stretches sitting on the ground, or even lying down to provide a base for stability

Engage:

- Count out loud as you stretch
- Try counting in a different language (if you know how)
- Sit or stand opposite someone and mirror their actions

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