

TAKE 10!® Cool Down

Stretching is an important part of staying healthy. Stretching should be done slowly and there should be no bouncing or pain. Have the students exhale as they bend or do each stretch. Count to ten slowly and take long, steady breaths while holding the stretch. Repeat each stretch 3-5 times. During this time you can ask "How Health Smart Are You?" questions from the activity card and put the sticker on the TAKE 10! tracking poster, or give instructions for the next activity.

Sky stretch:

1. Inhale deeply, reach arms up to the sky as you rise up onto tiptoes.
2. Hold for 3 seconds.
3. Exhale and slowly lower arms to side while lowering heels to floor.



Body circles:



1. Spread feet apart.
2. Raise hands straight overhead.
3. Rotate upper torso in a clockwise direction.
4. Stretch all the way around.

(Repeat the cycle 10 times.)

Variation: Change your arm movements.



Deep breaths:



1. March slowly in place.



2. Breathe in and raise your arms overhead.



3. Breathe out and lower your arms.

(Repeat the cycle 10 times.)

Triceps stretch:



1. Reach right arm overhead and bend elbow so that the hand falls between the shoulder blades. (Elbow remains close to the ear.)
2. Reach up and over with the left hand and gently pull the right elbow backwards.
3. Hold for a slow count of 10.
4. Change arms and repeat.

Hamstring stretch:



1. Students leave one foot on floor, and place one foot on their chair. (Variation: Students sit at their desks and extend legs out to the side of their chair.)
2. With knees slightly bent, bend forward, reaching with both hands toward the foot on the chair (Variation: reach down with both hands toward the toes on floor.)
3. Reach until you feel a slight stretch and hold at that point. (Reminder: You should never bounce or feel any pain.)
4. Hold for a slow count of 10 then repeat.

Quadriceps stretch:



1. Stand behind the desk or chair.
2. Place right hand on back of chair, bend left knee so that the foot goes toward the back of your body.
3. Place left hand on left ankle and gently pull back. Heel of foot should be close to the body. Be sure to stand straight and tall.
4. Do the same thing on the opposite side.

Seated calf stretch:



1. Sit on the edge of your seat and extend your right leg out in front. Keep the left knee bent.
2. Reach forward and grab the toes on your right foot and gently pull them toward you. You may need to keep the right knee slightly bent. You should feel this stretch in the lower part of your leg.
3. Hold for a slow count of 10.
4. Switch legs and repeat.