

Animal Stretching

Participants stretch their bodies in various animal positions.



• Participants sit in a circle.



Instructions

• Have participants stretch like various animals, e.g. sit like a butterfly, nose to toes in butterfly position, crouch like a frog, knuckles touch the floor (or as far as they can) with straight legs like a gorilla, etc.

O Cues

• Stretch only until you feel a little pull; it shouldn't hurt.



