

**Exercise can be hard, but play is fun.**

We often forget the joy of movement. We may feel we need equipment, a gym or an instructor to help us reap its benefits. Fortunately, whether you are indoors or out, all you need is a little imagination and a willingness to play. Try these movements standing or with easy modifications while sitting in a chair.

As with any exercise program, if at any point during your work you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional.

**Warm Up:**

**Belly breathing** – Place one hand on your rib cage and the other on your belly. As you inhale and exhale deeply let your belly push your hand out and in. Use the hand on your ribcage to remind you to let your belly expand instead of your ribcage. Take 3 to 5 slow breaths.

**Sooo Big!** - Remember when you wanted to be as big as all the grownups? Starting from your toes lift your heels, then straighten your legs, gently lengthen your torso and stretch your arms above your head. Hold for 3 to 5 seconds.

**Let's Play:**

**Marching band** – Lift your knees one at a time in a marching pattern. For more fun, grab a pretend instrument and play your favorite tune.

**Climbing a tree** – Raise your right hand and left knee and then raise your left hand and right knee. Alternate each position to climb that tree.

**Swing** – Sit on a firm chair and place hands on chair arms or by your hips. Engage your torso and lean forward and then back gently. Try your legs next; lean back slightly, use your hands for support then straighten and bend both legs. Try putting both movements together. “Swinging low, swinging high, I will fly!”



## Playtime Exercises

**Baseball** – No need for a glove or ball. Wind up and throw your best pitch and then switch sides. Practice catching high balls and grounders. Find your best batting position and swing for the fences. A switch hitter can bat from both sides. Can you?



**Basketball** – Place both hands on the ball with one hand in a slightly higher position. Take aim and practice your free throw. Practice passing, catching and dribbling. Take the 3-point shot!



**Hopscotch** – Jump off or lift both feet and then jump off or lift one foot and then the other. Alternate your jumps landing on two feet and then one foot in a basic hopscotch pattern.



**Cloud watching** – Imagine a blue sky with fluffy clouds drifting by. Raise your right arm and trace the edges of a cloud. Raise your left arm and trace another cloud. Have fun tracing big and small clouds in a variety of shapes. Doesn't that one look like a dinosaur?

**Jumping in puddles** – No need to get your shoes wet unless you want to. Just jump forward and land on both feet. The bigger the jump the bigger the splash!

## Playtime Exercises

**Skipping rocks** – Clasp your rock gently in one hand. Keep your elbow close to your side and your arm bent at a right angle. Swing your arm back and flick your wrist inward. Switch and skip your rock with the other hand. How many skips did you get?

**Skipping rope** - Loosely clasp your hands and place them by your waist. Alternate lifting each knee and jumping gently from foot to foot while circling your arms to skip rope. “Jump, jump, jump a rope, merrily in the spring.”



## Cool Down

**Five-finger breathing** –Spread one hand wide. With the finger of the other hand breathe in as you trace upward and breathe out as you trace down the other side of each finger.



Can you play again tomorrow?