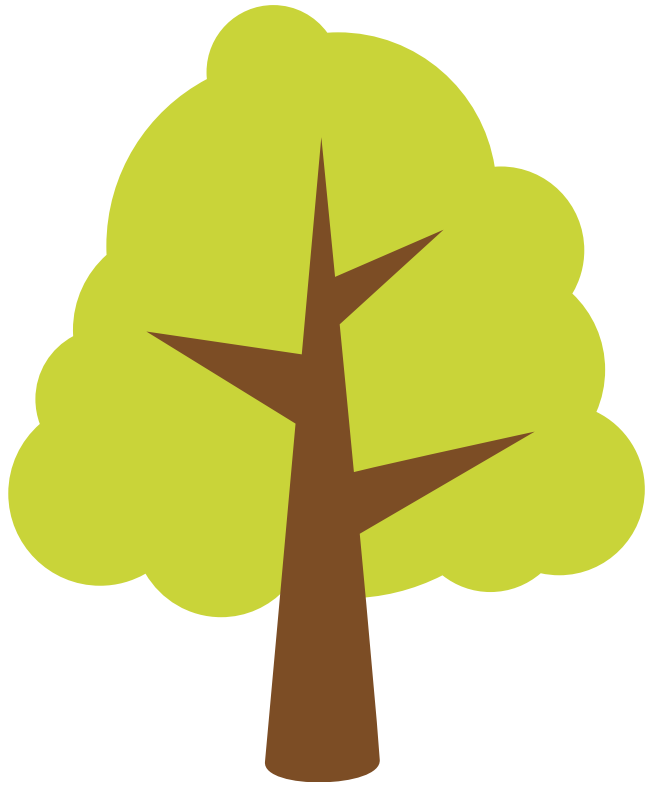


Take a Stretch

Great
movement
break and
energiser

I am Strong

Stretch your arms out really wide like a surfer trying to balance



I am Kind

Stretch your arms up over your head like a tall tree trying to touch the sky.

I am Friendly

On hand and knees, stretch your arms out in front and lean back like a friendly dog (childs pose).



I am Wise

Sit quietly with legs crossed and hands in your lap like a wise old owl. Close your eyes and practice taking deep breaths.

Discussion

When we remember something that was really fun, like a game, a hug or a nice conversation, that memory can make us smile and feel really happy. Can you think of some things that made you really happy this week?