

Mountain-Sun-Moon-Star-Tree: A Quick Classroom Stretch

Alice Nelson, Haitian Multi-Service Center

Stand with your legs comfortably apart below your hips. Stand firm and solid like a mountain.

Now, lift up your arms to make the sun – stretch straight up to the sky, as the sun shines big down onto the earth, and bend from left to right as the sun crosses the sky.

Now, bend to the right, stretch up the right with both arms bend to create a crescent moon, move your moon from the right side of the sky to the left side of the sky. Move your moon back to the right side of the sky.

Don't forget the shining stars all around the sky. Use your hands to sprinkle many little stars all around in the night sky. Open and close your hand, stretch your fingers quickly out to make a burst of stars. Stretch in every direction making bursts of stars. Shake your hands out as you come back down to earth.

As you come back to earth, stretch straight upward like a tree, stretch your branches outward as far as you can. Stand firm on the ground with your branches stretched upward to the sky. Hold this pose for a few seconds. Now relax and let's get back to work!

