Choose Health LA Child Care

A healthy life starts with you

STRETCH POSE

ACTIVITY CARDS
RAISE BOTH ARMS

ABOVE YOUR HEAD

AS HIGH AS YOU CAN

STAND ON ONE LEG

3, 2, 1

BLASTOFF ROCKET MAN!
Cute little flutterby

Have a seat

Stretch your wings

And hold your feet

Flap those wings and

Fly, Fly, Fly!
In this puppy pose
strekck your back
so get your bone
bend down
Reach for the Moon
One foot forward
One foot back
One hand down
Stretch around
And hold your pose, and hold your pose, and hold your pose.

Point your toes, point your toes, point your toes.

Kick back, kick back, kick back.

Hands down, feet down, hands down, feet down, hands down, feet down.
Squat on your toes
Hands on the floor
Hop, ribbit
Hop, ribbit
Can you do it once more?
spread your wings
and fly
tweet, tweet
look at you
Spread your wings
And fly
THE STARFISH
Twinkle twinkle little star
spread your arms and legs
Out far
LION'S ROAR
SHOUT YOUR
HEAD HELD HIGH
ARMS PUSHED UP
LEGS DOWN FLAT
STRETCHY COBRA
As far as you can go
Stretch your head
Push up high
Point your toes
Lay flat down and
PRETZEL POSE
Arms in a circle
Legs in a twist
You will look like a pretzel
If you can do this
Touch Your Toes
Sit up straight
and touch your toes
Are you big enough
to find your nose?
Baby Crawl
See if you can catch me!

Moyin’ and crookin’
On your hands and knees

Baby on the move
the

Thinking

Seal
Sit really still and
think really deep.

Listen to the sounds
of your heart beat.
Bow & Arrow
Grab your ankles
Like a bow
Let your arrow
Go, go, go!
Straddle
Smile brightly! Bend forward and spread your legs wide down on the floor.
Raise your antennae

And look around

While sitting

On the ground
Then do it once more!

Stretch your arms

And head to the floor

Kick knees to your chest

After a long day of fun

Resting in the sun
Hands together
Under your chin
Let this quiet
Stretch begin

Cross your legs
Breathe in deep
Close your eyes
And fall asleep
Superhero
Child Care
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