

SEASON STRETCHING

Create stretching movements to show the weather in different seasons. Do the stretches slowly, going through each season from Winter to Spring to Summer to Fall.

An example of your movements could be: Shivering, keeping yourself warm, snowing; wind, flowers growing; sun beating down, summer showers, thunderstorms; fanning yourself in the heat; leaves falling, picking out a pumpkin.

Do the stretches with your family as a way to start your day or to take a break after class.

GREAT EXPLORATIONS

HOUGHTON-WAGMAN CHILDREN'S MUSEUM