

ENERGIZERS

Morning Routine

Instructions:

Have students stand at their desks.

1. Students begin the day with a series of simple activities lasting 30 seconds or more:

- Jumping jacks
- Knee lifts
- Flap arms like a bird
- Hopping
- Scissors (feet apart then cross in front, feet apart then cross in back)

2. Follow each activity with a basic stretching movement:

- Reach for the sky
- Runner's stretch (stand on one leg, bend the other leg back so your heel is touching your bottom)
- Butterfly stretch (sit with bottom of feet together)
- Knee to chest
- Rotate ankles
- Scratch your back

3. Hold stretches for 10 – 30 seconds.

4. Repeat a different simple activity followed by a new basic stretch as many times as desired.