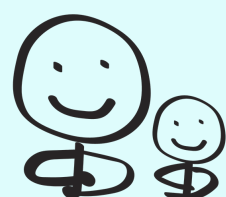


STRETCH & RELAX

Who can do it?



Everyone (children must be guided and supervised)

When can you do it?



- Anytime you observe yourself sitting in one position for long.
- You can also make it a part of your everyday routine.

How will it help and expected outcomes?



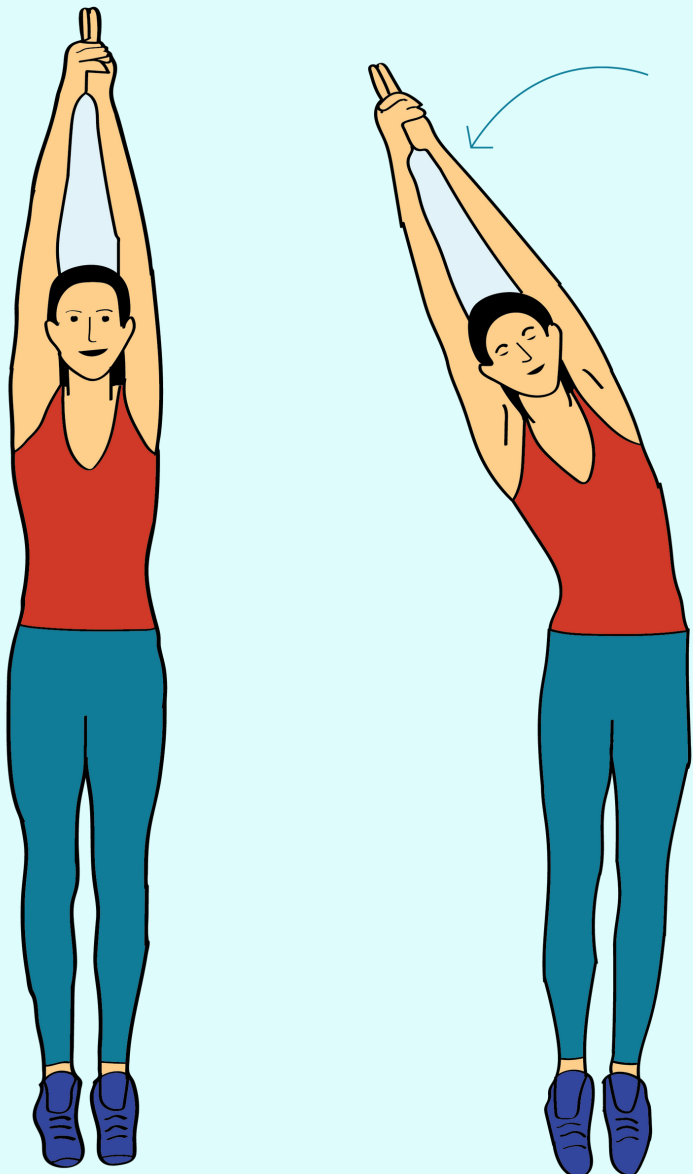
- Stretching can have wonderful calming effects.
- It energizes and relaxes your body.
- In the times of lockdown while we are restricted to a lot of running, walking and other physical activities stretching can help you with the basics of it.

Resources required?



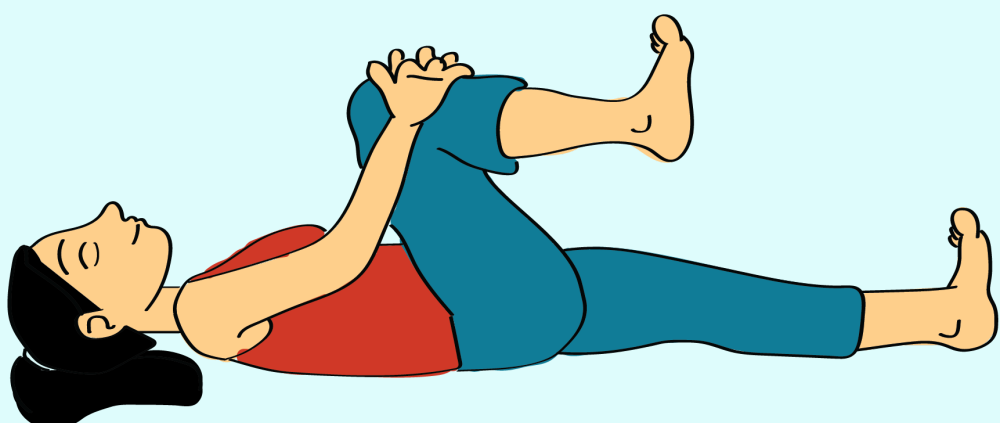
- Light music in the background (optional)
- Mat

HOW TO DO IT?



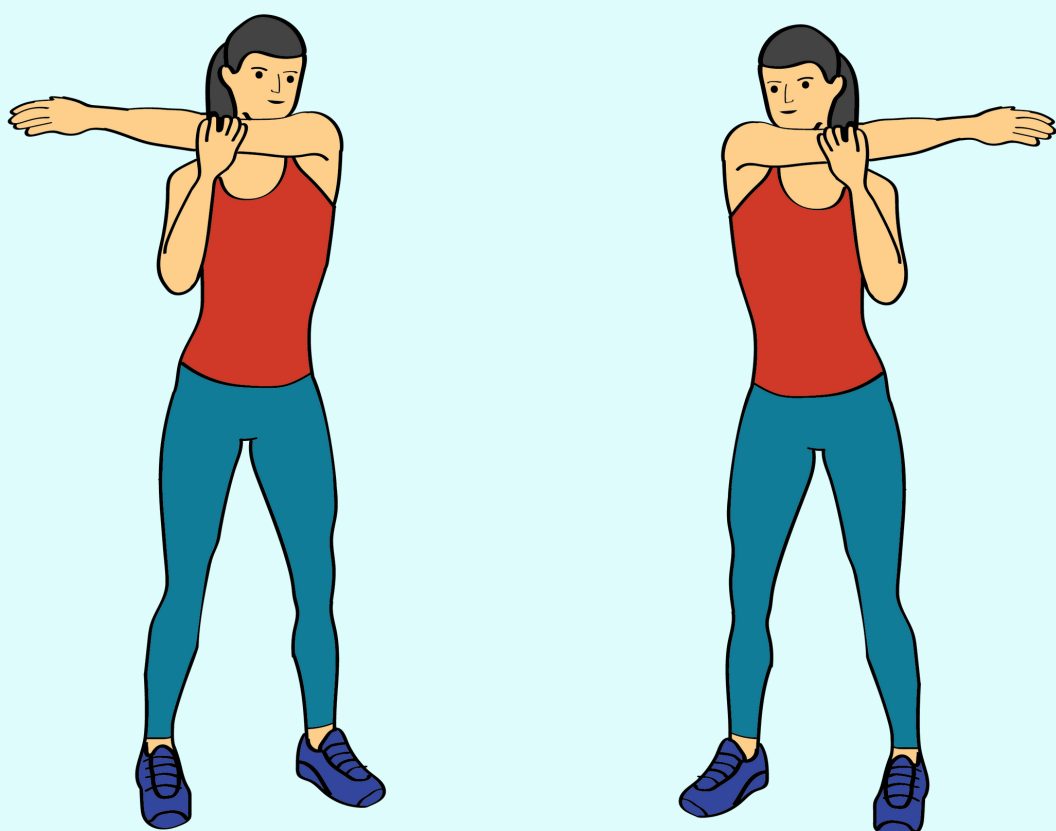
The Standing Side Stretch

- Stand with your feet together and your arms straight overhead. Clasp your hands together, with your fingers interlaced and pointer fingers extended. Inhale as you reach upward.
- Breathe out as you bend your upper body to the right. Take five slow breaths. Slowly return to the centre. Repeat on the left side.



Knee-to-chest Stretch

- Lie on your back on a firm surface with the backs of your heels flat on the floor.
- Gently pull one knee up to your chest until you feel a stretch in your lower back.
- Bring the knee as close to your chest as comfortably possible.
- Keep the opposite leg relaxed in a comfortable position, either with your knee bent or with your leg extended.
- Hold for about 30 seconds.
- Switch legs and repeat.



Shoulder Stretch

- Bring your left arm across your body and hold it with your right arm, either above or below the elbow.
- Hold for about 30 seconds.
- Switch arms and repeat.