



## SILLY STRETCH ART

**TYPE OF ACTIVITY:** Art

**KEY CONCEPT:** Be physically active



### OBJECTIVES:

- › Children will practice stretching their bodies.
- › Children practice moving in specific directions, such as “in front,” “behind,” and “to the side.”
- › Children will explain that stretching helps their bodies be ready to move.

### MATERIALS:

- › Large sheets of paper
- › Crayons, markers, or chalk
- › Tape

### PROCEDURE:

1. Place paper on the floor. To prevent sliding, tape the paper to the floor.
2. Introduce the concept of stretching. Demonstrate a few simple stretch movements, and invite the children to join you. Discuss the importance of stretching their bodies before they are physically active. Suggested phrases:
  - a. *Stretching helps keep your body flexible, so you can move in all different directions.*
  - b. *Stretching helps your body be ready to do things like climbing steps and reaching up high.*
3. Explain that today they are going to use stretching in art. Ask children to stand in the center of the paper. Give each child a marker or crayon. Using positional words, instruct children to draw on the paper. Suggested phrases:
  - a. *“Squat and draw in front of you.”*
  - b. *“Stretch and draw to your side.”*
  - c. *“Reach between your legs and draw behind you.”*
  - d. *“Bend at the waist and draw a circle.”*



### ADAPTATIONS/EXTENSIONS:

**Outside activity:** Try this activity outside with chalk.

**Social skills:** Have children work in groups or pairs. Assign each child one part of a specific drawing, or give directions that require interaction (e.g., “Stretch and draw a line behind your partner’s foot” or “Reach to the side and draw a line that connects with your partner’s line.”)

## Day 12: Be Physically Active

For more activities, visit [eathealthybeactive.net](http://eathealthybeactive.net)