



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