Stretch like a Spring Flower!

Stand up tall like a freshly sprouted flower!
Pretend your feet are roots, and root them deep down into the ground
Pretend your body is a stem, and stretch up tall from your ankles to the tip of your head
Pretend your arms are leaves, and stretch them out wide and open
Pretend your face is a flower, and smile wide to let the sun in
Now, give yourself a little shake like you just popped up from the soil
And do a little dance like you're caught in the wind
  Sway to the left
  Sway to the right
  Sway forward
  Sway backward
Rustle your leaves in big wide circles
Wiggle your roots down deep into the ground
Take in a deep breath and tip your head up towards the sun
Give yourself a little hug for the good work you’ve done!

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