

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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