

## 10. Stretchin'

Come on now children  
Stretch your arms up to the sky  
Listen now children  
Stretch your arms up to the sky  
Ooh, so high  
Rest time is over  
It's time to get up and move around

Come on now children  
Stretch your legs down to the ground  
Listen now children  
Stretch your legs down to the ground  
Way down  
Rest time is over  
It's time to get up and move around

Come on now children  
Bend your knees and touch the floor  
Listen now children  
Bend your knees and touch the floor  
Do it some more  
Rest time is over  
Time to get up and move around

**Purpose:** To transition kids out of nap time or any period when your children are looking tired and need a break.

**Concepts:** Stretch, Sky, Ground, Floor, Arms, Legs, Knees, Following directions.

**Setting:** Large or small group.

**Materials:** A diagram of the muscles of the body.

### Activities:

1. Ask the children why people stretch after they awaken from sleeping or when they are tired.
2. Talk about the muscles in our bodies that we are stretching. Use the diagram to point them out.
3. Have the children point to the muscles in their body and stretch them as you point them out on the chart.