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What is Stretching

Stretching: The Fun Way to Stay Flexible!

DEFINITION

Stretching is a way to make our muscles longer and more flexible. It helps our bodies move better and feel good.

KEY CONCEPTS

Types of Stretching

There are two main types: static (holding a position) and dynamic (moving through a range).

Benefits of Stretching

Stretching improves flexibility, reduces injury risk, and helps with relaxation.

When to Stretch

It's best to stretch after warming up or after physical activities to prevent injuries.

Breathing Techniques

Breathing deeply while stretching helps relax the body and enhances the stretch.

Safety Tips

Always listen to your body and avoid pushing too hard to prevent strains.

EXAMPLES

- Touch your toes while standing for a hamstring stretch.
- Reach your arms overhead to stretch your sides.
- Do gentle neck rolls to relieve tension.

MEMORY TIPS

- ★ Think of stretching as 's-t-r-e-t-c-h' to remember to elongate your muscles.
- ★ Use the phrase 'Breathe and stretch' to remember to breathe while stretching.
- ★ Visualize a rubber band stretching to recall how muscles can lengthen.

COMMON MISTAKES

- ✗ Not warming up before stretching.
- ✗ Holding stretches for too long or too short.
- ✗ Forgetting to breathe during stretches.

QUICK RECAP

Stretching helps our muscles become longer and more flexible. It is important to stretch safely and at the right time, especially after warming up. Remember to breathe deeply and listen to your body while stretching.