

Follow my lead

Adolescents **perform** a physical stretch and the rest of the group copies their moves.



2/5

1/5

5-10 min

1



Warm up

Ask adolescents to stand in a circle

2

Explain

Stretching different parts of your body can be a good way to release the stress you feel while also helping to reenergize you in a healthy way. For example, if you stretch your arms above your head you can feel a healthy stretch in your arms as well as through your back and your sides.

3

Demonstrate stretching your hands above your head, and ask adolescents to stretch with you

4



Facilitator says

“Try to think about a part of your body that feels tense or closed, either because you feel stress, or just because you have not used it or exercised in a while. We are going to go around in a circle with each of you leading us in a different stretch for a different part of your body. You can stretch your whole body if you want to, or just a small part, like your finger or your toe. Don't push yourself to

5

stretch too hard or in position that's uncomfortable!”

Ask each participant to lead one stretch exercise and have everyone else copy what they do, going around in a circle. Encourage adolescents to think of new kinds of stretches to try, but let them repeat stretches other participants have already used if they want to do so.

6

Repeat all of the stretches once or twice, in the same order that adolescents introduced them.

7

Close the activity by applauding, or by having one final stretch together.

Environment

Indoor or outdoor space; enough space for everyone to stretch and move without touching anyone else.

Supplies

None needed.

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