Flexi Friday Activity Card

Today it's time to s-t-r-e-t-c-h out your body and reach for the stars!

Start by standing in a star shape

Bend to each side in turn, stretching your arm over your head

Stretch out to the side then down, hold it and look up at your hand

Put your feet wide and bend 1 knee out to the side. Keeping your arms out

Put 1 foot forwards and 1 back and do the same with your arms to make a different star

Bend forwards and turn your shoulders to bring 1 hand to the floor and the other towards the ceiling

Sit with your legs and arms out then stretch towards your foot