

Savannah Stretch

Prompts

Call out the following prompts to help your students stretch and warm up their bodies:

- Roll your head slowly around in a circle
- Extend your arms out to the sides and sway like a tree
- Turn your body at your hips from side to side like a washing machine
- Crouch down and slowly grow like a seed, taller and wider reaching up high on your tippy toes into a beautiful African flower. Repeat x3
- Squat down and hold. Bring your finger out and press the elevator button. Slowly stand back up as you travel up through the different levels of the jungle.
- Sit down on the ground balance on your bum only and row your boat down the river.
- Lay on your belly straight as an arrow with your arms at your side. Raise your head and legs slightly and fly over the African Savannah like Superman