Sunrise to Sunset Stretches
Pre-Schooler Script

Alerting Phase – Wake Up the Body.
Energizing, big movements, faster pace.

Start lying flat on the floor."It's morning the sun is starting to rise, we wake up…"

Sun Stretch – standing tall, reach arms up high and wiggle fingers.

"Stretch your body and wake up your muscles."

Start from your head, then your neck, shoulders, arms, top of legs down past your knees into your toes! (Sing "head, shoulders, knees and toes ")

"Now we are going to pretend we are trees, shaking the morning dew from our leaves."

Shaking Tree Pose – standing, gentle shaking of arms and legs - "Shake, shake, shake!"

"Oh look! There are some rabbits, jumping in the grass "

Squat and Jump – bend low, spring up

"Hop, hop little bunnies." (Sing "See the little bunnies")

Organising Phase – Focus & Control
Slower, controlled movements, balance and coordination

"Now, we are going to walk along the path in the woods."

Balance Walk / Tree Pose – slow stepping or balancing.

"Move slowly, carefully, don't stand on anything!"

"Oh look! A butterfly has landed on my hand."

Butterfly Pose – seated, flapping legs gently in and out, feet touching.

"Slow, smooth wing movements."

"Over there is a sleepy cat stretching out – can we do that?"

Cat–Cow Pose – controlled movement on hands and knees.

"Feel your back stretch."

Calming Phase – Rest & Regulation
Low energy, grounding, deep pressure and breathing

"The end of the day is coming and is going quiet…

Let's lie in the grass like a snake basking in the sun." Cobra

Pose – gentle lift, slow breathing.

"The sun sets and we become heavy rocks by a stream.

" Rock Pose – curled on side or on back with hands on

tummy. "Feel your body getting heavy and still."

"I spy a sleeping hedgehog."

Child's Pose – resting and breathing.

"Slow, big breath in… slowly blow out."

(Sing "Twinkle Twinkle, little star.")