

# Full body stretch

Stand up straight. Place both feet shoulder width apart.

Find your balance.

Slowly stretch your arms up high, imagine you are trying to touch the sky.

Stretch so high that you have to stand on your tippy toes.

Wriggle your finger tips and feel the stretch in you toes, calves, back, shoulders, arms and fingers.

Relax for 10 seconds

Repeat 10 times or until you feel calm again.

