



THE STAR

Participants

Any number of participants.

Time Allotment

5 Minutes or less

Activity Level

Moderate

Materials

No materials required

Strength. Balance. Stretch. Twist.

Method

Step 1. Stand tall and strong with your arms at your sides and your feet about hip distance apart. Rock back and forth on your feet a few times until you find a comfortable center – this is your mountain base.

Step 2. Stretch your arms straight to each side, taking care to lower your shoulders away from your ears. Notice how you have become a five pointed star, filled with light and power.

Step 3. Find a focus point with your eyes and breathe in and out, slowly and evenly. How long can you hold this position?

Variation(s)

Folding Star. Begin in Star position. Inhale deeply lifting your head as if on a puppet string. Exhale slowly and fold over to reach for your shins or the outsides of your shoes. Allow your neck and head to relax. Press your hips back. Stay here for a few deep breaths, relaxing into the stretch a bit more with each exhale.

Twisting Star. From Folding Star position, place your right hand on the floor between your feet. Reach your left arm up to the sky. For more of a balance challenge, try gazing up to your raised hand. Take a few steady breaths before switching sides.

Twinkle Stop. Keeping your arms and legs straight and strong, try rocking from side to side, shifting your balance from one foot to the other. You're twinkling! For a balance challenge, twinkle to music. When the music stops, stop twinkling – you will likely be on one foot. Can you stay balanced? For even more fun, partner up back to back with a friend of similar height. Stretch your arms out and clasp hands, then work together to play Twinkle Stop with or without music.

Sing It! Sing Twinkle, Twinkle Little Star while rocking to the rhythm of the song. Come on...you know the song. Sing it with gusto!