



# Stretching Like a Tree

1. Stand with your feet together and your arms out.
2. Close your eyes and reach your arms up high. Imagine they are tree branches and your fingers are leaves!
3. Now stretch gently from side to side. Let your arms sway back and forth like wind blowing through the branches.
4. Take deep breaths in and out. Now let your arms fall slowly to your sides. How do you feel?

## Remember

Our bodies are gifts from God. We can show we're grateful for this gift by taking care of them.

## Healthy Tip

You can do this stretch when you feel stressed or worried—or anytime! It's good to slow down and pay attention to your feelings and your body.