Modifications:

None

PA
Proprioceptive

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Kitty Stretch

Pre-K Proprioceptive Activity A

Kitty Stretch

Instructions:

- Begin by having the child lie on a rug in a side-lying, curled-up position, closing his eyes.
- Have him wake up slowly, opening his eyes slowly and stretching like a cat — first his legs, then his arms, then rolling over on his back — way out and all the way down to spreading his toes!

Performance Objectives:

- Awareness of joints and the motion available in those joints through stretching

Further Suggestions:

- Can also be done on carpeted floor or mats.
- Can be done as a classroom activity involving all children.
- Can be done for a cool-down activity.

Pre-K Approved



Level of Difficulty

Intensity Level

PA

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