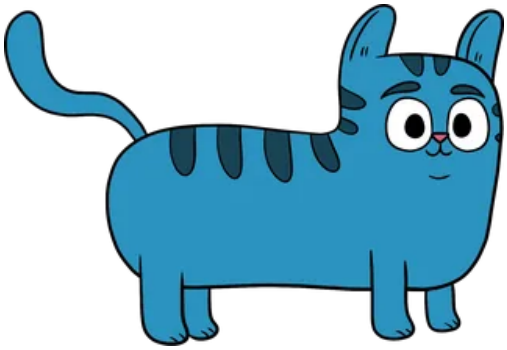
SEL · MINDFULNESS AND CALMING · GRADES K–3

Animal Stretch Cards

Four animal stretch cards, cat, snake, frog and turtle, to calm and wake up your body slowly between lessons.



Name: _____ **Date:** _____



Cat stretch

On your hands and knees, round your back up high like a cat, then let it sink down slowly.

☐ I tried it ☐ 3 times



Snake stretch

Lie on your tummy, push up with your hands and look up. Hiss as you breathe out.

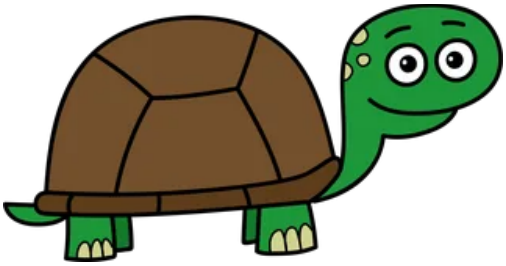
☐ I tried it ☐ 3 times



Frog squat

Squat low with your hands on the floor, then rise up slowly and stretch tall.

☐ I tried it ☐ 3 times



Turtle tuck

Kneel and tuck your head and arms in like a shell. Take three slow breaths.

☐ I tried it ☐ 3 times

My favorite stretch, and how it made my body feel: _____

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