

Easy Morning Stretches to Do with Your Kids

Start the day with calm, focus, and connection. These quick stretches, inspired by Tai Chi, Qi Gong, and sensory movement, are designed for parents and kids to do together in under 10 minutes. Gentle and playful, they help everyone regulate energy, wake up the body, and prepare for a peaceful morning.

■ *Sunrise Reach*

Stand tall, feet apart. Slowly lift arms above your head like the sun rising. Breathe in deeply. Lower arms gently as you exhale.

■ *Wave Flow*

Sway arms side to side like waves, soft and flowing. Imagine rocking with the sea.

■ *Tree Balance*

Stand on one foot, bring the other to your ankle or knee. Stretch arms up like tree branches. Switch sides after a few breaths.

■ *Flower Bloom*

Crouch down like a seed. Slowly rise, opening arms wide like a flower blooming. Inhale as you rise, exhale as you fold back down.

■■ *Wind Twist*

Stand tall. Twist gently side to side, letting arms swing loosely. Keep breathing steady.

■ *Heart Hug*

Wrap arms around yourself for a big hug. Rock side to side. Whisper, 'I'm ready for today.'

These simple moves build connection, calm energy, and set a positive tone for the day ahead. Print this guide and use it as a playful checklist with your kids every morning!