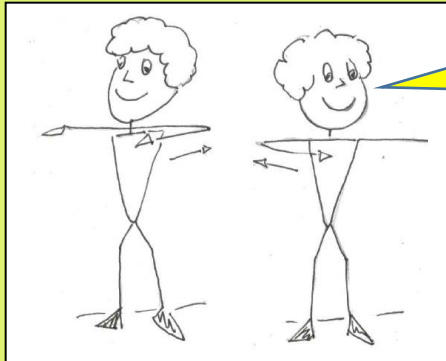


Family : RELAX, CALM DOWN

# 1

Tightening the bowstring

30 minutes of  
daily exercise at  
school



What do I  
need to do?



I slowly stretch an imaginary rope to the right,  
and stay in this position for 10 seconds. Then I do  
the same thing on the left.

If I still want :

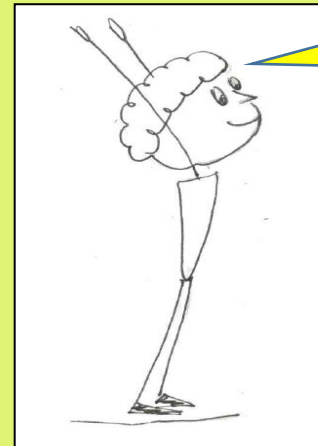
❖ I repeat 5 times

Family : RELAX, CALM DOWN

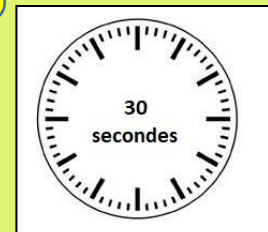
# 2

Going to touch the sky

30 minutes of  
daily exercise at  
school



What do I  
need to do?



I hold my arms out as high as possible.

If I still want :

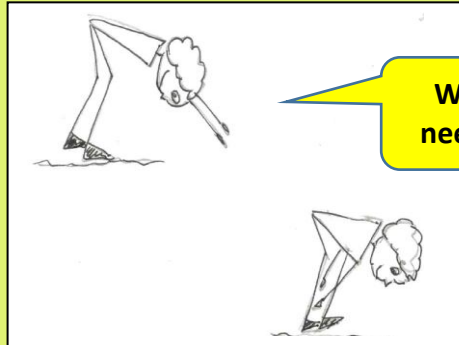
❖ I start again by pulling my arms back as high  
as possible.

Family : RELAX, CALM DOWN

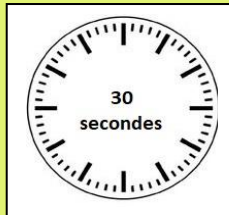
# 3

Caressing the ground

30 minutes of  
daily exercise at  
school



What do I  
need to do?



With my legs apart and my knees slightly bent, I extend my arms forward, then bring them back between my legs far behind.

If I still want :

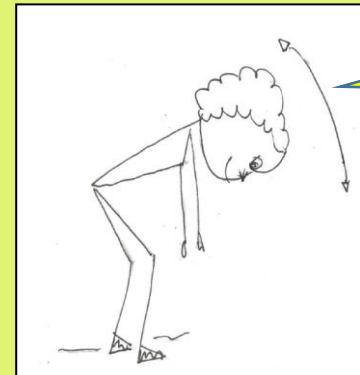
❖ I start again, going further and further back.

Family : RELAX, CALM DOWN

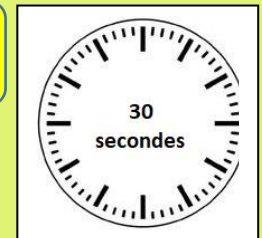
# 4

30 minutes of  
daily exercise at  
school

Being soft as a rag doll



What do I  
need to do?



I stand up and slowly roll my back up and touch the ground with my hands. Then I slowly straighten up

If I still want :

❖ I repeat several times in a row

Family : RELAX, CALM DOWN

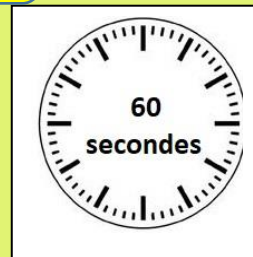
# 5

Leaning from right to left

30 minutes of  
daily exercise at  
school



What do I  
need to do?



Standing with my legs apart, arms raised above my head, I lean to one side for 5 seconds, then to the other side for 5 seconds.

If I still want :

❖ I repeat, staying on each side for 10 seconds.

Family : RELAX, CALM DOWN

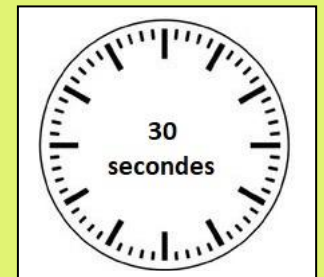
# 6

Stretching

30 minutes of  
daily exercise at  
school



What do I  
need to do?



Standing, I stretch my arms as high as possible for 5 seconds, then squat down.

If I still want :

❖ I repeat the same movements 3 times.

Family : RELAX, CALM DOWN

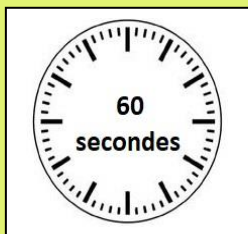
# 7

Standing like a heron

30 minutes of  
daily exercise at  
school



What do I  
need to do?



Stand balancing on right leg, left leg wrapped  
around right leg, hands joined in front palm to  
palm. Change legs.

If I still want :

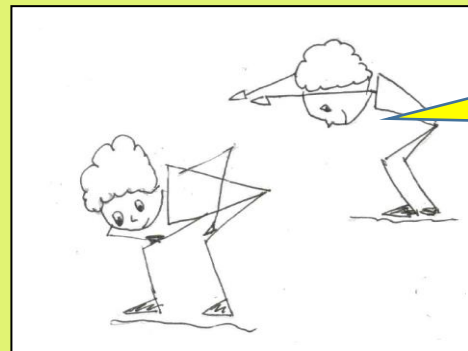
❖ I start again by rolling up my arms.

Family : RELAX, CALM DOWN

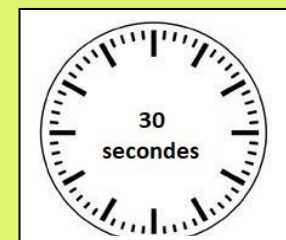
# 8

Stretch, body horizontal

30 minutes of  
daily exercise at  
school



What do I  
need to do?



Legs bent, hands on thighs, back horizontal,  
stretch arms as far forward as possible.

If I still want :

❖ I start again by moving my arms.

Family : RELAX, CALM DOWN

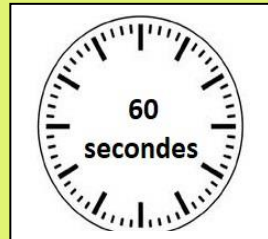
# 9

Stretching the legs

30 minutes of  
daily exercise at  
school



What do I  
need to do?



30 seconds per side

With my body slightly bent forward, I bend one leg and straighten the other, then raise my toes. Then I switch legs.

If I still want :

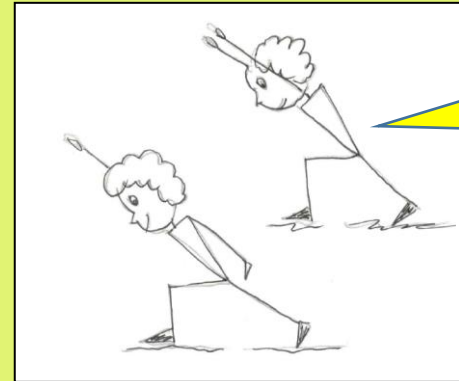
❖ I repeat 3 times

Family : RELAX, CALM DOWN

# 10

Stretching the back

30 minutes of  
daily exercise at  
school



What do I  
need to do?



30 seconds per side

I take a big step and lean forward. I stretch out one arm in front and the other behind. I change arms.

If I still want :

❖ I start again by stretching both arms in front, then behind.