

## 基隆市中華國小提供

- Right/Left hand on my head. Stretch.
- Two hands on my shoulders. Make circles, forward/  
backward.
- Right/Left hand up. Behind my head. Pull my elbow.
- Right/Left hand out. Across my body. Pull my elbow.
- Two hands on my waist. Make circles, to the right, and to  
the other side.
- Right/Left leg out. Two hands on my knee. Squat down.
- Right/Left leg out. Two hands out. Stand up and do the  
jumping jacks.

[Stretch and warm up Routine for kids](#)

[Warm up exercises](#)