

# Where Fitness Meets Fun!

WHERE WE GO IN  
STRETCH-N-GROW

## DR. SEUSS



## March Madness



## Ireland Adventures



## A Day at the Zoo



## Peter Cotton Tail



## Twenty seconds that help your child stay Healthy!

**Handwashing** is a powerful aid to staying healthy and a good hygiene habit taught in Stretch-n-Grow. Not just to fight COVID19 but always, we encourage everyone to follow CDC guidelines calling for at least 20 seconds of handwashing frequently and especially at these times:

- Before eating (including snacks)
- After a trip to the bathroom
- After coming in from playing outdoors
- After touching an animal like a family pet
- After using hands to cover a sneeze or cough

Our Stretch-n-Grow Handwashing chant is a fun way to help your child form this important habit ([watch it on SNGtv at https://youtu.be/WW0FU15SCF0](https://youtu.be/WW0FU15SCF0)):

We wash, wash, wash our hands.  
We wash them nice and clean.  
We wash them here and wash them there,  
And wash them in between.

We wash, wash, wash our hands.  
And play this handy game.  
We scrub a dub;  
We scrub and rub  
And rinse germs down the drain.

## Watermelon Pizza

- 2 oz. cream cheese, softened
- 1/4 cup vanilla Greek yogurt
- 1 round slice watermelon, about 1-inch thick
- fresh fruit (your favorite), sliced and/or chopped
- granola
- shredded coconut
- Honey



Combine together the cream cheese and Greek yogurt. Spread the mixture evenly over a slice of watermelon. Top the watermelon with fruit, granola, coconut, and light drizzle of honey. Cut into wedges and serve immediately.

## MOTOR SKILLS



Back Kicking



Tip Toe Walking



Leaping



Jumping Jacks



Hopping

## YOGA POSES



Cat



Mountain



Tree



Monkey Squat



Rabbit

## MUSCLES & BONES

**Hamstrings & Femur**  
Backward Let Extension

**Tibialis & Tibia/Fibula**

Toe Lift

Heel Walking

**Gastrocnemius & Tibia/Fibula**

Calf Raises

Tip Toe Walking