

# That's a Stretch

## Active & Healthy Living



DISCOVER



QUICK

3 GOOD HEALTH  
AND WELL-BEING



4 QUALITY  
EDUCATION



### What You Will Discover

Find out how your body can move to keep you active, healthy and fit. Time to get moving!

### The Adventure

Our bodies can do some pretty amazing things! Using various materials, or by doing all sorts of exercises and stretches as a group, find out how our bodies move best. What bends? How do our joints work? How far can you bend? Use concepts similar to **Follow the Leader** or Simon Says, but only use stretches or yoga poses. **Warm up** and be sure to find your own limits—while trying your best to stay active and healthy!



It starts with Scouts.

## Plan

- What materials do you need for this activity?
- Who will lead your exercises or game?
- How do you prepare for this activity?

## Do

Using **#ScoutsDoStuff**, share what you've discovered with a younger Section, or your friends and family!

## Review

- What were the easiest activities?
- Which were the most difficult?
- What did you find out about body movement?
- What exercises might you want to do daily?

## Safety Note

- **Warm up** before bending to keep your body safe!
- What type of footwear do you need to stay safe while being physically active?
- Know your limit, and don't push your body to bend in ways that it can't! Some people are more flexible than others.

## Try this

### Keep it Simple

In small teams, use bendable art supplies, like garbage bag ties, chenille stems, vinyl-coated wire, yarn and plastic lacing and test their bending abilities! How are these similar to our joints?

### Take it Further

Put these concepts into action and run a yoga night at your meeting hall. Invite a local yoga teacher to come and run a session!

