



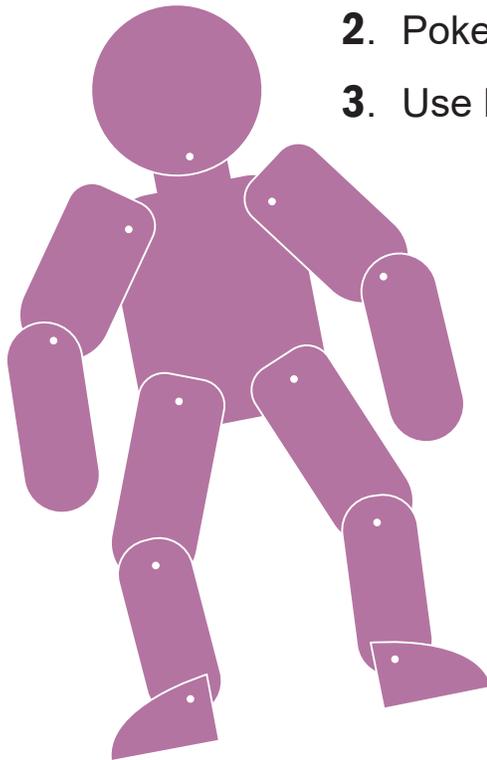
Shape Stretches

Create your own figure and move its arms and legs to make shapes. Can you make the same shapes with your body?

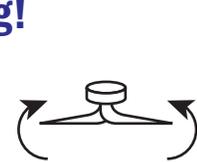
INSTRUCTIONS

ON THE FOLLOWING PAGE:

1. Cut shapes out along the dashed lines.
2. Poke holes where indicated by small circles.
3. Use brads to connect the pieces using small circles.



Start moving and stretching!



brad fasteners



STRETCH IDEAS

- Make the letters of the alphabet. How many can you do?
- Try shapes like circle, square, rectangle... what other shapes can you try?

Not all exercises are suitable for everyone. These activities are meant to be suggestions, not medical advice. Consult with your healthcare provider before starting an exercise program.



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