

"TAKE-5" Isometric Exercises for Organizing, Calming and Focusing Students in Class

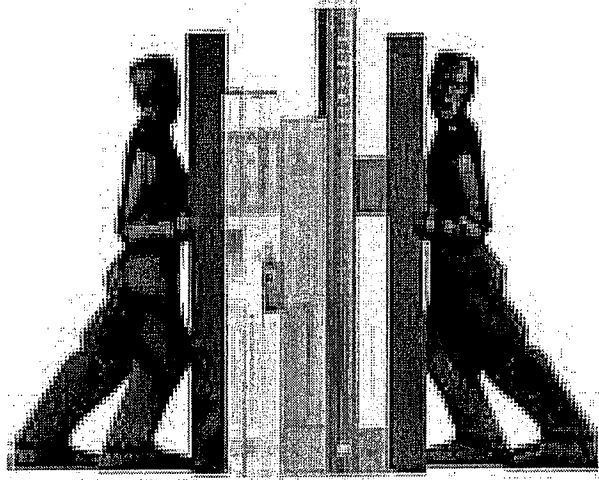
General Guidelines:

- Can be done individually or with the whole group.
- Requires a leader in group format.
- Can be done seated or standing.
- Can be done in any order.
- Number of repetitions can vary.
- Can be used during transitions (after recess, between subjects, before gym or assemblies).
- Can be used when activity level of class or individual student is becoming disruptive to learning.

THE TAKE 5 STRETCHES

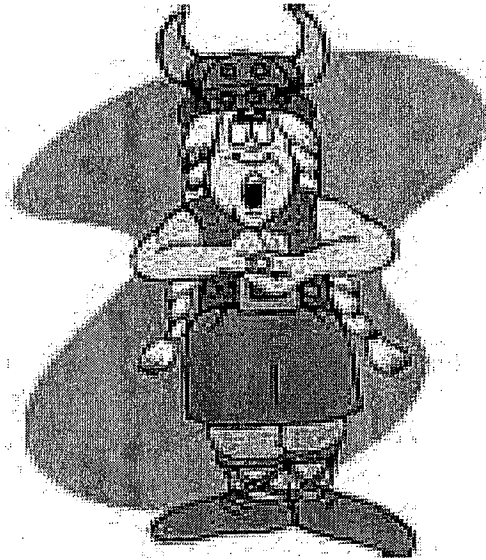
1. "Book -ends" - while sitting, place palms together, fingers pointing to the ceiling, elbows out. Push palms together for a count of "5" and then relax for a count of "5". Repeat this 3-5x
2. "Opera Singer" - curl the fingers of each of your hands into a semi-circle and then link them together, one hand facing up and one facing down, in front of your body. Pull your elbows away from each other, in opposite directions, while keeping your fingers interlocked. Sustain pulling for a count of "5" and then relax for a count of "5". Repeat this 3-5x. Do it again with the other hand on top.
3. "Blast Off!" - interlock your fingers and place them on your head. Stretch upwards until your arms are straight above your head for a count of "5" and then relax to the start position for a count of "5". Repeat this 3-5x.
4. "I Dunno" - Shrug your shoulders, pulling them towards your ears. Hold for a count of "5" and relax for "5". Do this 3-5x.
5. "On Your Mark!" - put the palms of your hands on your knees. Alternating your right and left sides, push up with your knee and down with your hand, hold for "5", 5x on each side.
6. "Squish Your Foot" - put one foot on the other. Push up with the bottom foot and down with the top foot. Hold for five. Switch feet. Do this 5x on each side.
7. "Chair Push-ups" - hold on with your hands to each side of your chair by your hips. Scoot your bum forward so that you are not resting your back against the backrest. Push up on your arms until they are straight, lifting your bum off the chair. Hold for "5". Relax for "5". Repeat 5x.

1. "Book-ends"



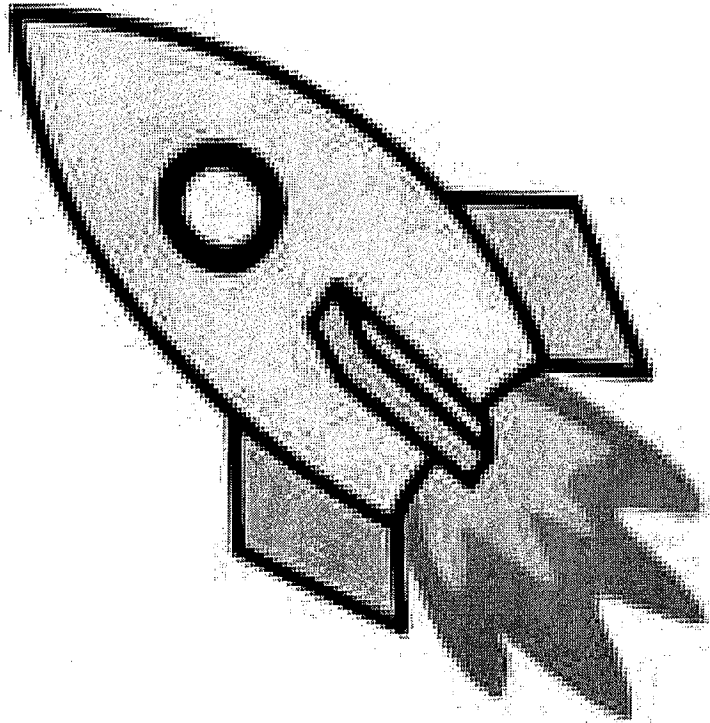
While sitting, place palms together, fingers pointing to the ceiling, elbows out. Push palms together for a count of "5" and then relax for a count of "5". Repeat this 3-5 x.

2. "Opera Singer"



Curl the fingers of each of your hands into a semi-circle and then link them together, one hand facing up and one facing down, in front of your body. Pull your elbows away from each other, in opposite directions, while keeping your fingers interlocked. Sustain pulling for a count of "5" and then relax for a count of "5". Repeat this 3-5 x. Do it again with the other hand on top.

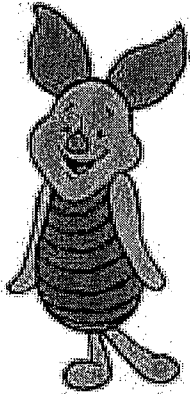
3. "Blast Off!"



Interlock your fingers and place them on your head. Stretch upwards until your arms are straight above your head for a count of "5" and then relax to the start position for a count of "5".

Repeat this 3-5x.

4. "I Dunno"



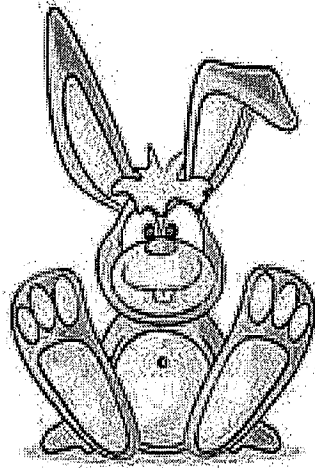
Shrug your shoulders ,
pulling them towards
your ears. Hold for
a count of "5"
and relax for "5".
Do this 3-5x.

5. "On Your Mark"



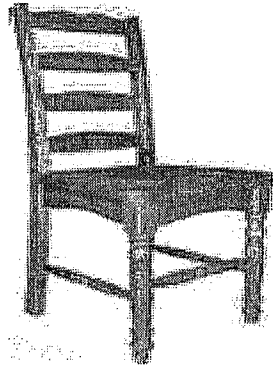
Put the palms of your hands on your knees. Alternating your right and left sides, push up with your knee and down with your hand, hold for "5", 5x on each side.

6. "Squish Your Foot"



Put one foot on the other.
Push up with the bottom foot
and down with the top foot.
Hold for "5". Switch feet. Do
this 5x on each side.

7. "Chair Push-Ups"



Hold on with your hands to each side of your chair by your hips. Scoot your bum forward so that you are not resting your back against the backrest. Push up on your arms until they are straight, lifting your bum off the chair.

Hold for "5". Relax for "5".

Repeat 5 times.