



of Greater Indianapolis

STUFFED ANIMAL WORKOUT

Ages:

Ages 6-8

Description:

It's important to get up and move our bodies! Today, we're going to bring a buddy to our workout to make it more fun. Grab your favorite stuffed animal and follow along!

Time:

15-20 minutes

Materials Needed:

- Your favorite stuffed animal
- Space to move around

Click [this video](#) to do the Stuffed Animal Workout with me!

You can also view the video [here](#).

Instructions:

Our work out has three parts to it! Breathing, stretching then our work out!

Breathe

Step 1:

Lay down on the ground and place your stuffed animal on your belly.

Step 2:

When you breathe in, you're going to fill your belly up like a balloon. You should feel your stuffed animal rise. Breathe in through your nose.

Step 3:

When you breathe out, your belly should deflate like a balloon. Your stuffed animal will drop a little. Breathe out through your nose.

You're going to lay on the ground and breathe! You can take as many breaths as you would like but breathe in and out at least **10** times.

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Stretch

Put your stuffed buddy on the floor next to you! We'll need them right after we're done stretching!

Step 1: Arm circles

Make sure you're standing. Make small circles with your arms going forward 10 times, then make small circles with your arms going backwards 10 times. Make 5 BIG circles with your arms going forward, then switch and make 5 BIG arm circles going backward.

Step 2: Arm Across Body

Bring your arm across your chest and hold it with your other arm. Hold this for 5-10 seconds then switch arms.

Step 3: Toe Touch

Reach your arms down and touch your toes! If you can't touch your toes, grab your ankles. Hold this position for 10 seconds. Count out loud!

Step 4: Cat and Cow

Get on your hands and knees. Your wrists should be under your shoulders. Your knees should be under your hips. Spread your legs about hip width apart. Your eyes will look at the floor. We will go from cat and cow pose as we breathe in and out.

Cow Pose: As you breathe in (inhale) and drop your belly towards the ground. Lift your chin and chest, look up and gaze at the ceiling.

Cat Pose: As you breathe out (exhale), draw your belly in toward your spine and arch your back like a cat. Bring your chin in towards your chest.

We're going to flow from cat to cow pose following out breath. Do 10 cat poses and 10 cow poses! Breathing is the most important part!

Step 5: Down Dog

Start on your hands and knees. Stretch your elbows and relax your upper back. Spread your fingers wide and press your hands into the floor. Tuck your toes and lift your knees off the ground. Your tailbone should be up in the air and your head should be tucked between your upper arms; don't let it hang! Hold this pose for 10 seconds. Count out loud.

Stuffed Animal Work out

Step 1: Grab your workout buddy!

Step 2: Over under

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We're going to pass our stuffed animal under each of our legs. Go one at a time! Do this for 15-20 seconds.

Step 3: Toe touches

Reach down with your stuffed animal in hand and touch your toes. Come back up and do it again about 10-15 times.

Step 4: Balance on one foot

Hold your stuffed animal in front of you. Stand on one foot. You can place your other foot on your calf OR on your thigh. Do NOT place your other foot on your knee. This can hurt it! See how long you can stand on one foot. Try to make it to 20 seconds!

Step 5: Circles

Make 10 circles in the air with your stuffed animal in both hands. Go one direction 10 times then do the other direction 10 times.

Step 5: Switches

Put both your arms in the air. Switch your stuffed animal from hand to hand. Do this at least 10 times!

Step 6: Run in place

Give your stuffed animal a piggyback ride and run in place for 10-20 seconds!

Step 7: Up downs

Stand up, then jump down! Hold your stuffed animal while you jump up and down!

Step 8: Leg lifts

Sit on the ground. Put your legs out in front of you and put your stuffed animals in between your calves. Lift your legs off the ground 10-15 times!

Step 9: Sit ups

Hold your stuffed animal in your hands and do at least 10 sit ups!

Repeat all these workout steps 2-3 times!

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You can also view the video [here](#).

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ACTIVITY RECAP

Discovery Questions: [Follow the Experience Learning Cycle model]

- What was your favorite part of the work out? Breathing, stretching, or working out with your stuffed animal? Why?
- Why is it important to move our bodies?
- Did you learn anything new?
- How does working out make you strong? How does it make you smart? How does it make you bold (brave)?

With a parent/guardian's permission, share with us a picture of you working out with you stuffed animal on our Instagram page with the tag @girlsincindy.

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