



How High Can You Fly

Situation: It's bedtime and the kids are running around in their last minute like an engine about to blow. You need them to slow down, they need to slow down, and if they don't stop everyone may blow their lids!

It's stretching time!

Solution:

Pretend you are a tree and model the stretching behavior. Stand tall upright, arms up, branches waving in the wind. How high can the children reach without being on tippy toes? This is not a competition, so if there are too many arms bashing into other people's faces, separate kids apart a bit into different parts of the room. Then down low, slowly moving arms to sides, then down, head down and touch toes, swing arms, stretching whole body. Come and lift your head up slowly so the blood rushes back in a safe, non-dizzying manner. And stand tall and still.

Kids can even lay down then and see if they can lay still too. Use the CD if you are not sure about the instructions, or let one of the kids be in charge of leading. *Make sure to do this just before they get into bed, so they can keep calm.

Use this every night just so often on those really crazy nights as a tool to help wind down. Often by the time they are done stretching, all that excess energy has worked it's way out. And while they are stretching, make sure you really stretch too!

After all, kids are not the only ones who need a good night's sleep!