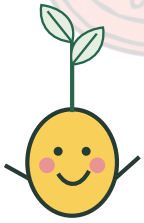
Garden Stretch Break

Enjoy a short, comfortable movement break beside your plants.



Little growers, big discoveries

5 MIN | MOVEMENT AND WELLBEING | AGES 5+ WITH AN ADULT

Grab your kit

A clear, stable place near your plants and a sturdy chair if you would like to sit.

Your discovery mission

1. Sit or stand comfortably with enough space around you. Notice your feet resting on the ground and let your shoulders relax.
2. Pretend to be a seedling. Slowly reach your hands forwards or upwards only as far as feels comfortable, then lower them. Repeat three times.
3. Imagine leaves opening. Gently open and close your hands five times, then make small, comfortable shoulder circles.
4. Pause and notice how you feel. Choose one tiny plant detail to look at before finishing your break.

What did you discover?

A movement I enjoyed: _____
Something I noticed afterwards: _____

Draw your discovery

Let's wonder...

Which movements felt comfortable today? How could you adapt them while sitting?

NEXT ADVENTURE

Make up one gentle plant-inspired movement and invite someone to try their own version.

Choose movements that suit you. Do not force a stretch; stop if it hurts or you feel dizzy. Children take part with adult support.