



TOUCHDOWN STRETCH

CALMING & REFOCUSING STRATEGIES

LESSON PLAN

Purpose

Calming and Refocusing activities help students regain calm after exercise or high energy transitions and bring their attention back to their body by focusing on breathing and slow purposeful movement. The use of these strategies can aid in self-regulation, stress reduction, and attention refocus.

Materials

- Touchdown Stretch instructional video: [Elementary](#), [Middle](#), [High](#)

Procedure: *Instruct students to*

- Stretch both arms straight above their head
- Lean to one side and hold the stretch for 3 seconds
- Return arms to center
- Lean to the other side and hold the stretch for 3 seconds
- Return arms to center
- Breathe slowly in through their nose and out through their mouth as they repeat the stretch

Modifications: *Students can*

- Sit comfortably in a chair, on the floor, or stand
- Perform a side stretch without raising arms above their head
- Hold the stretch for longer than 3 seconds



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CLASSROOM APPLICATION

Recommendations

- Younger students may have trouble balancing during this exercise. The stretch can also be done seated or (if space allows) laying down.
- If support is needed for balance, one hand can be raised while the other holds on to a chair or wall for support during the stretch.
- If done while standing, make sure children are in their own space so they don't touch one another while doing the stretches.
- The strategy offers a great stretch for combating 'texting posture.'
- Students who are sports fans are especially favorable to this strategy.
- For an added sports-related component, after students have completed the stretch, prompt them to exhale quickly while pretending to throw a football, then slowly breathe back in to create the touchdown arms and complete another round of stretches.



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