LEADERSHIP INSPIRATIONS

Name Stretch

Get up and stretch by spelling with a giant imaginary crayon

TIME
5 minutes

MATERIALS
None

TEAM STAGE
Any Stage

SUMMARY

Participants imagine they are holding a giant crayon and are using it to draw life-sized letters to spell out their name. This will get group members to move and stretch their full body in a creative way.

SET UP

- Have all participants stand in an area that gives them enough room to swing their arms without hitting anyone or anything near them.

INSTRUCTIONS

- Have all participants find a place to stand and tell them to reach their arms out in front of them and imagine they are holding a giant crayon.
- Using the imaginary crayon, they will write each letter of their name in the air in front of them. Remind participants to squat down low and reach up high so the letters are nice and large.

VARIATIONS

- Have everyone in the group spell the same word, like "leadership" or "stretch", or have them draw shapes like a star or a tree.
- **Online:** To facilitate this stretch virtually, have participants take a step back from their computer before beginning. ***[click here for video]***
- **Asynchronous:** To facilitate this activity asynchronously, record a video of yourself doing this stretch and have participants watch the video and do the stretch on their own time.
- For related activities, see Coconut Stretch and Exercise Moves.

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