



# Coconut Stretch

Get a good stretch by spelling out the word “coconut”

## TIME

5 minutes



## MATERIALS

None

## TEAM STAGE

Any Stage

## SUMMARY

Participants use their bodies to form each letter in the word “coconut” so they get a quick and easy full body stretch. This goes great before or after a sedentary activity to incorporate movement and re-engage participants.

## 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 that they are going to spell the word “coconut” with their bodies. Give the following instructions:
  - Make a “C” by bringing your left arm over your head while your right arm stays by your side and bends up slightly at the elbow.
  - Make an “O” by bringing both arms above your head and clasping your fingers.
  - Make another “C” by bringing your right arm over your head while your left arm stays by your side and bends up slightly at the elbow.
  - Make another “O” the same way as before.
  - Make an “N” by reaching down and trying to touch the ground on either side of your feet.
  - Make a “U” by bringing your arms up by your head and keeping your elbows in a right angle.
  - Make a “T” by reaching both arms out in opposite directions and swaying your torso left and right.
- After explaining each pose, put them all together by spelling the word “coconut” out loud and holding each pose for five seconds.

## VARIATIONS

- To increase energy, repeat the stretch several times holding each pose for fewer seconds each time until the participants are speeding through the motions and moving their bodies rapidly. Make sure to stop the activity before the movements become too fast so participants do not injure themselves.

 **Online:** To facilitate this stretch virtually, have participants take a step back from their computer before beginning. Participants can also do this stretch from a seated position if they do not have a lot of room to move their whole bodies. [\[click here for video\]](#)

 **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 [Name Stretch](#) and [Exercise Moves](#).