



# FLEXIBILITY



## MARCH 2018

Complete the 2 Required FLEXIBILITY activities to receive credit toward the 2018 “I AM AWESOME” Award.

If you complete more than 2 FLEXIBILITY activities, there will be bonus points added to your total score.

Each worthy activity completed will be worth an additional 5 points.

Must be completed and turned into the Omega office by the end of June 2018.

### PHYSICAL FLEXIBILITY

1. Do the following stretches each day for 20 days in a row. Do each stretch for a minimum of 30 seconds. Warm up your muscles before you stretch, breathe deeply, and try to relax. *See explanation of stretches below*

- |                           |                               |
|---------------------------|-------------------------------|
| - Standing Toe Touch      | - Sitting Butterfly           |
| - Standing Wide Leg       | - Sitting Spinal Twist        |
| - Standing Quad Stretch   | - Sitting Toe Touch           |
| - Standing Pigeon Stretch | - Sitting Straddle Splits     |
| - Standing Side Bend      | - Downward Dog / Child’s Pose |

Report on how you feel after the 20 days of stretching:

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### EMOTIONAL FLEXIBILITY

2. During your 20 days of physical stretching do the following 4 Emotional Flexibility exercises.

- Be flexible when minor or major plans change unexpectedly (try not getting anxious or upset when this happens)
- Be patient and calm when you have to wait for something you didn’t expect (practice breathing and be positive)
- If you have a habit of saying “No” a lot, open your mind to someone else’s point of view
- Try something completely NEW that you have never done before.

Report on how you did with the above Emotional Flexibility Activities:

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**Bonus:** Complete additional projects or activities that demonstrate FLEXIBILITY. Additional activities or projects must be worthwhile, must involve other people, and must revolve around the FLEXIBILITY theme. **(5 Points Each)**  
Explain what you chose to do and what you learned:

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NAME OF OMEGA STUDENT

PARENT SIGNATURE  
Or STUDENT SIGNATURE (if over 18 years)

## PHYSICAL FLEXIBILITY STRETCHING EXPLANATION:

1. Standing Toe Touch – With feet together, bend over at the waist and try to touch your toes. Keep your knees as straight as you possibly can. If you can touch your toes, then touch your palms to either side of feet and hold.
2. Standing Wide Leg – With feet about double shoulder width apart, reach over and grab your right ankle and hold for 30 seconds, then stretch in the middle of your legs for 30 seconds, then grab your left ankle and hold for 30 seconds.
3. Standing Quad Stretch – With feet close together, pull your right ankle up and grab it with your right hand. Pull right foot towards your butt as far as you can and hold for 30 seconds. Repeat with your left leg.
4. Standing Pigeon Stretch – With feet shoulder width apart, take your left ankle and cross it over the top of your right knee. Hold onto a wall or chair, then sit back and bend your right leg as far as possible and hold for 30 seconds. Repeat with your left leg.
5. Standing Side Bend – With feet shoulder width apart, reach up above your head and clasp your hands together. Slowly bend at waist towards your right side and hold for 30 seconds. Repeat on the left side.
6. Sitting Butterfly – Sit on the ground, bottoms of your feet touching. Grab both your ankles with your hands then push your knees down to the ground with your elbows. Then lower chest down towards your feet and hold for 30 seconds.
7. Sitting Spinal Twist – Sit on the ground, straighten legs out in front of you. Cross right leg over the left leg and bend the right knee where you can grab it with your arms. Pull right leg toward your chest and gently twist your waist towards the right. Hold for 30 seconds. Repeat with the left leg crossed over.
8. Sitting Toe Touch – Sit on the ground, straighten legs out in front of you. Bend at your waist and reach out hands to try and touch your toes. Keep knees as straight as you can. Hold for 30 seconds.
9. Sitting Straddle Splits – Sit on the ground and spread legs apart out in front of you as far as you can go. Reach your hands out in front of you as far as you can reach and then hold for 30 seconds. Slowly spread your legs further and further apart and keep reaching out in front of you.
10. Downward Dog – Downward Dog is essential making an upside down “V” with your body. Keep your feet together and then reach your hands out in front of you keeping your palms and feet anchored to the ground. Lift your waist up in the air making a “V” with your body. Hold for 30 seconds.  
Child’s Pose – Kneel on the ground and let your butt rest on your heels. Bend over at the waist and let your upper body rest on your thighs. Reach your arms and hands straight out in front of you. Hold for 30 seconds.