



STRETCH*


▶ ABOUT THIS ACTIVITY

 **Time:** 5 - 10 minutes

 **Objectives:** By the end of this session, participants will be able to:

- Have a respite from heavy brain work
- Physically release some tension.

 **Materials:** None

 **Preparation:** None

Instructions

1. Invite the group to relax, sit back, get comfortable, both feet flat 1. Ask everyone to stand. Model the instructions as you give them.
2. Tell group: with your right elbow, write your name in the air.
3. Next: with your left elbow, write the name of the town where you were born.
4. Next: With your right hip, write the name of a secret fantasy person.
5. Finally, with your left hip, write the name of your favorite vacation spot.

* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from the Lotus Women's Peer Education Training Manual, Center for Health Training and Women Organized to Respond to Life Threatening Diseases (WORLD), 2008.