

Ready . . . Set . . .



# Stretch!

There's nothing like a good stretch before you jump or wiggle or bounce or run, and the ever-energetic author/illustrator team of **Doreen Cronin** and **Scott Menchin** show kids (and their parents) how a good stretch can be good fun!

**Try these easy stretches to get you started!**



**Hold it right there!**



**Can you stretch  
to the ceiling?  
Can you stretch to  
the floor?**

**Teach your  
favorite stretches to  
each other!**



**Stretch with a friend!**

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