

HOW TO USE A BODY SOCK WITH KIDS

1 || Try different movements/positions in the body sock:

- Reach for the sky and then touch your toes
- Reach arms up and out wide and stand in a wide stance to make your body look like a star!
- Take a walk in the body sock
- Stand in a wide stance and then touch one hand to the opposite foot. Repeat.
- Inchworms: Start in standing. Bend forward and place hands on the ground. Walk hands out into a plank pose. Then, walk feet back in to meet your hands.
- Squat low to the ground, pretending to be a seed. Move your body into a standing position very slowly, pretending to grow into a flower or a tree!
- Crab Walk. Or try crab walk soccer!
- Superman: Lying on the floor on your belly, stretch your arms up off the ground in front of you and your legs up off the ground behind you
- Wheelbarrow Walks
- Log Rolls: Lie on the floor. Stretch your arms straight overhead and keep your body straight as you roll across the floor.
- Somersaults
- Jumping Jacks

2 || Try some yoga poses while wearing the body sock:-

Downward dog, Tree pose, Child's pose, Boat pose, Warrior pose, Forward lunge, Plank pose

3 || Pair the body sock with some other props!

Try a balloon volley, scooters, or a balance beam (with close supervision!)

4 || Use the body sock as a prop for other play

- Use the body sock as a secret hideout for quiet time.
- Play peekaboo by peeking your head out of the opening and ducking back inside to hide!
- Use the body sock as a stretchy rope to play tug of war
- Practice getting dressed by putting the body sock on and taking it off!