

iPostureSyndromeSavers

Age 2 to 4 years



THE HELICOPTER

1

Put your fingers on your shoulders. Draw three big circles with your elbows going one way, then the other way.

2

THE CHICKEN STRETCH

Hold your hands behind your back. Straighten your elbows as much as you can and puff out your chest like a chicken. Hold for the count of 5.



Stretch your arms out as wide as you can and count to five.



GIMME

FIVE

3



Stretch your arms down as low as you can and count to five.



SUPER HERO STRETCH

4

Stand facing a corner with one foot in front of the other. Put your hands on the walls level with your head, elbows bent and pointing to the ground. Now bend your front knee, keeping a straight back, try to touch your chest to the corner. Hold for the count of five.

5

TAKE A BREAK

Give your eyes a rest by looking at something far away while you take five big breaths. Blink 10 times before looking back to the screen.



Only perform these stretches within a comfortable range.

Give yourself peace of mind 24/7. Our experts at Ollie Owl bring you iPosture Syndrome Savers to care for your child's spine during the day, and age appropriate contoured pillows to protect them at night. For more information on posture, pillows and sleep position visit our website. At Ollie Owl we believe a supported family is a happy family.

www.ollieowl.com.au

OLLIE OWL
pillows for perfect posture