

# iPostureSyndromeSavers

Age 5 to 9 years

# 1

## AROUND THE WORLD

With your fingers on your shoulders, point your elbows towards the sky, take one deep breath. Point your elbows to the ground, take one deep breath. Point your elbows forward to try and touch them in the front, take one deep breath. Point your elbows to the back, take one deep breath. Repeat each position three times.



Reach arms out to the side and stretch wide, wider, widest. Count to 5.



Reach arms to the sky and stretch high, higher, highest. Count to 5.



Reach arms to the ground, stretch low, lower, lowest. Count to 5.

## GIMME

## FIVE

# 2

# 3

## 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.



## SUPER HERO STRETCH

Stand facing a corner with one foot in front of the other. Put your hands on the walls a bit higher than 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 five seconds and repeat three times.

# 4

# 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](http://www.ollieowl.com.au)

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pillows for perfect posture