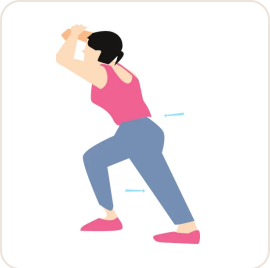
Stretch Minute

stretchminute.com

6 stretches for teachers, between classes

About 4 minutes | 6 stretches | Standing | uses a wall

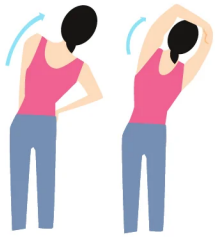
When: Between classes, at lunch, or after the last bell. Move slowly into each stretch and breathe; a gentle stretch is enough.



1. Calf Stretch

20 s each side

Face a wall, one foot back with the heel down and the knee straight. Lean in until your calf stretches.



2. Standing Side Bend

20 s each side

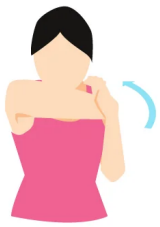
Feet hip-width apart. Raise one arm and bend gently to the opposite side without leaning forward.



3. Shoulder Rolls

30 s

Roll your shoulders forward in big circles, then backward. Keep your arms relaxed.



4. Cross-Body Shoulder Stretch

20 s each side

Bring one arm across your chest. Use the other hand to press it gently toward you.



5. Standing Outer Hip Stretch

20 s each side

Cross one foot over the other. Push the back hip out to the side and lean away from it.



6. Chin to Chest

25 s

Sit or stand tall. Place a hand behind your head and gently guide your chin toward your chest.

Days done

	M	T	W	T	F	S	S
Week 1							
Week 2							

Do it guided, free

Scan to open "Teachers" in the Stretch Minute app, with a timer and voice guidance.

stretchminute.com/r/teachers

Stretch gently and stop if anything hurts. Stretch Minute is not medical advice. If you are injured, pregnant or have a medical condition, check with a doctor first.

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