

The background features a vibrant, abstract design with various shapes and patterns. At the top, there are diagonal lines in shades of green and blue, along with a row of teal dots. A large, flowing shape in dark blue, teal, and yellow dominates the upper right. Below this, a green circle is visible. The central text is surrounded by more teal dots and a blue circle on the right. The bottom left corner has a large, colorful shape in green, yellow, and blue with white diagonal lines. The bottom right features a row of teal dots and a green circle.

**IMPACT**  
at HOME

# ACTIVITY CARDS



**FLEXIBILITY**

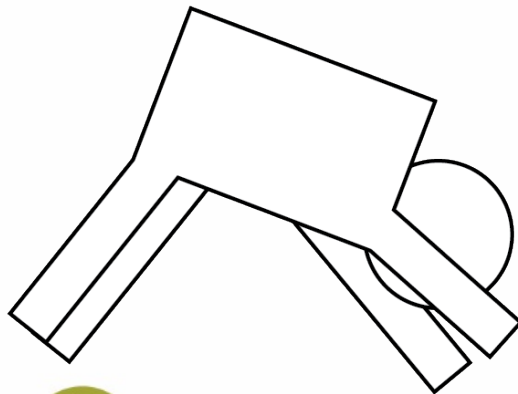
# Triangle Pose

(also known as Downward Dog)

**FLEXIBILITY**

# INSTRUCTIONS

1. Get on all fours with knees and hands touching the ground.
2. Make sure knees are hip distance apart and hands are under shoulders with palms spread flat.
3. Raise knees off the ground while shifting stomach to thighs.
4. Try to get arms and legs straight while keeping toes facing hands.





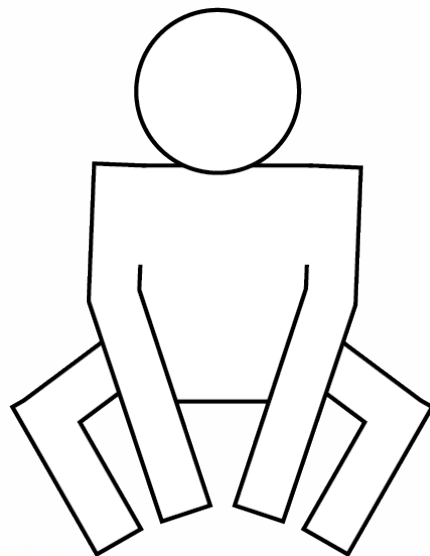
**FLEXIBILITY**

# Frog Pose

**FLEXIBILITY**

# INSTRUCTIONS

1. Stand with feet at shoulder-width apart.
2. Bend knees and place hands on the floor between feet.
3. Keep hands on the ground and try working your way to holding the squat position with no hands.
4. Don't forget to RIBBIT!







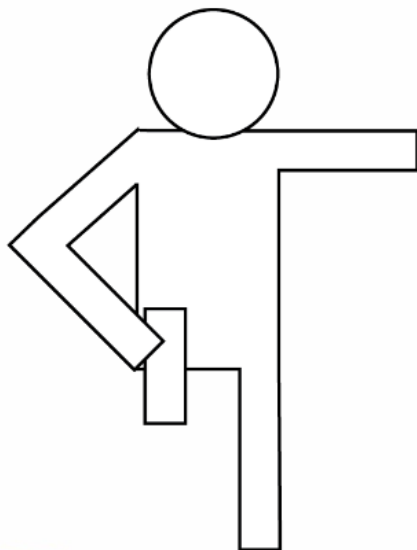
**FLEXIBILITY**

# Knee Hugs

**FLEXIBILITY**

# INSTRUCTIONS

1. Stand with your legs shoulder-width apart.
2. Standing on right leg, lift your left knee to your chest and hug it.
3. Hold for 3 seconds.
4. Switch to standing on left leg, then lift your right knee to your chest and hug it.





**FLEXIBILITY**

# Calf Stretch

**FLEXIBILITY**



# INSTRUCTIONS

1. Stand 3 feet away from a wall.
2. Place your hands on the wall for support.
3. Move your right foot forward while your left foot stretches backward. Keep your hands on the wall.
4. Stretch your leg so that the calf muscle is adequately stretched.
5. Hold the position for a few seconds and repeat with your other leg.

