

# Soft Stretch Circle

# STAY ACTIVE

To use soft movement and soothing affirmations to help students explore the life skill of vulnerability. In this activity, gentle stretching becomes a way to connect with the body, calm the mind, and practise kind self-talk. Venus, with its glowing warmth and nurturing energy, reminds us that it's okay to feel unsure and that being open with ourselves is a quiet kind of strength.



## Learning Intentions

**I can move my body gently and safely during stretching time:**

This encourages physical self-awareness and respect for personal space.

**I can listen to calming words that remind me it's okay to feel different emotions:**

This nurtures emotional safety and supports healthy vulnerability.

**I can practise saying kind words about myself during movement:**

This builds self-esteem and confidence through affirmations.



## Success Criteria

**I can copy simple, gentle stretches in a circle with my friends:**

This supports coordination, balance, and following movement instructions.

**I can take slow breaths and feel calm while we stretch together:**

This helps students regulate their energy and tune into their bodies.

**I can listen to or say kind words to myself like "I am brave" or "It's okay to feel.":**

This builds a sense of safety and acceptance within the group.



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## Objective:

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## Players:

Ideal for 4–26 students in a circle or scattered safely in open space.

## Materials:

- Calm background music (optional)
- Yoga mats or soft floor space (carpet is fine).
- Visual pose cards or teacher demonstration (found in the resource PDF section)
- Affirmation cards or simple sentence starters for modelling (examples found in the resource PDF section).

## Time Required:

10–15 minutes

## Setup:

Gather students in a circle, seated or standing with enough space to move arms and legs safely. Revisit the *Venus* page from *The Playful Astronauts* and talk briefly about how being soft, quiet, and open can feel scary, but it's also strong and special.

Explain that they will be doing soft stretches together while listening to kind words they can say to themselves or others.



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## Gameplay:

### Explain the Movements:

Guide students through a series of very gentle stretches, such as:

- Reaching arms to the sky like a flower growing
- Hugging knees to the chest while sitting
- Spreading arms out wide and wrapping them into a self-hug
- Butterfly stretch (feet together, knees out, gently flapping wings)

Pair each stretch with a soft affirmation such as:

- "I am safe."
- "It's okay to feel shy."
- "I am loved."
- "I can ask for help."
- "Feelings are part of me."

Say these affirmations aloud slowly while students move. Encourage them to repeat them softly if they feel comfortable.

### Breathing Together:

In between stretches, pause and take a deep breath together:

- Breathe in slowly through the nose ("smell the flowers")
- Breathe out gently through the mouth ("blow out the candles")

Repeat a few times to promote calm and focus.

### Encourage Comfort and Acceptance:

Let students know they can join in any way they like, moving or just listening. The most important thing is feeling safe and knowing they can express themselves in whatever way feels right.

### Winning the Game:

There is no winner. The goal is to enjoy calm movement and explore soft confidence, just like Venus teaches us to shine gently and open up safely.

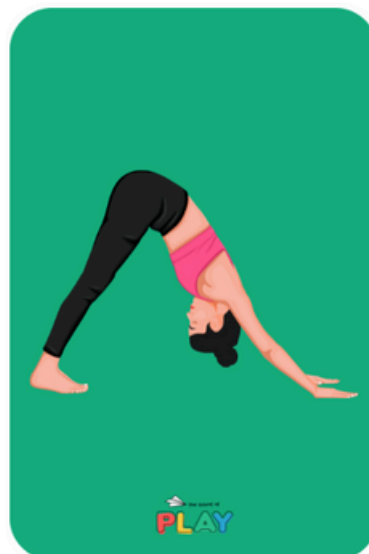
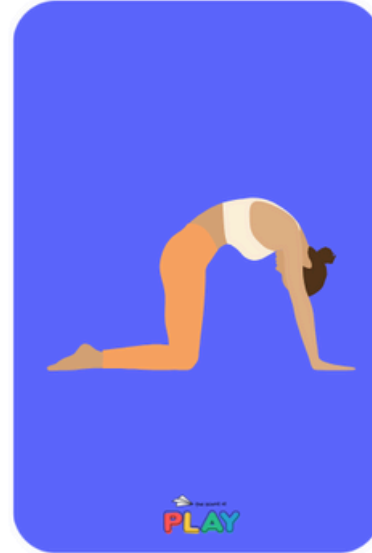
### Additional Notes:

"Soft Stretch Circle" blends movement and mindfulness in a way that invites quiet courage. It allows students to explore vulnerability not just through words, but through posture, breath, and self-acceptance. Venus reminds us that softness is not weakness. It's a beautiful strength that helps us grow emotionally and socially.

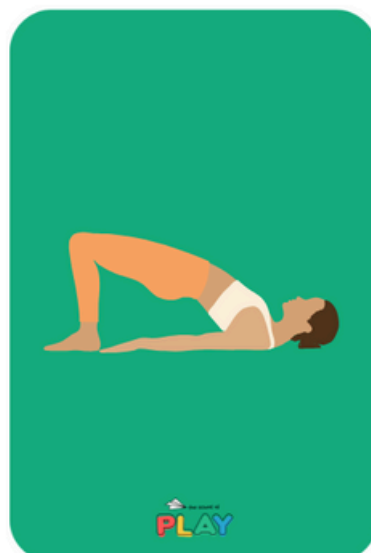


# YOGA POSES CARDS

INSTRUCTION: PRINT AND CUT OUT THE YOGA POSES CARDS. GIVE A CARD TO THE STUDENTS FOR THE SOFT STRETCH CIRCLE.



# YOGA POSES CARDS





# AFFIRMATION CARDS

INSTRUCTION: PRINT AND CUT OUT THE AFFIRMATION CARDS. READ ONE ALOUD IN THE CIRCLE, OR LET STUDENTS PICK AND SAY ONE THEMSELVES DURING THE SOFT STRETCH CIRCLE.

"I CAN TAKE THINGS ONE STEP  
AT A TIME."



"I CAN ASK FOR HELP."



"I AM SAFE RIGHT NOW."



"FEELINGS ARE PART OF ME."



"MY FEELINGS MATTER."



"I AM UNIQUE AND I AM  
AWESOME."



"IT'S OKAY TO FEEL SHY."



"I FEEL CONNECTED TO MY  
FRIENDS AND FAMILY."



"I AM LOVED."



"I AM STRONG ON THE  
INSIDE."

