Toe and Ankle Stretches

**AGE/GRADE LEVEL:** Youth, Grades 3-6; Teens; Adults and Older Adults

**FORMATION:** Seated or standing

**EQUIPMENT:** None

**RULES/DIRECTIONS:**
1. Teacher tells participants to stand while holding on to chairs, or to sit in chairs, using good posture.
2. As teacher calls out the name of a whole grain food, participants raise one leg straight out in front and spell the name of the whole grain with that foot.
3. Participants alternate legs, spelling the whole grains as they are named.

**VARIATION:** Use with names of foods from any of the food groups.

**NUTRITION NOTE:** Use as an icebreaker to a whole grain (or any food group) lesson.

"Energizers for Nutrition Education" was developed by Health and Nutrition staff from the University of Minnesota Extension in July 2011. It was adapted with permission from the "Energizers Classroom-based Physical Activities" program developed by East Carolina University’s Activity Promotion Laboratory, North Carolina Department of Public Instruction, North Carolina Healthy Schools, and Be Active North Carolina. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this resource is available in alternative formats upon request. Direct requests to 1-888-241-4591. For more information on Health and Nutrition, visit [www.extension.umn.edu/family/health-and-nutrition](http://www.extension.umn.edu/family/health-and-nutrition).