

# Stretching and Scrunching

This is an activity for one or more people.

**Goal:** To explore spaces we can fill with our bodies or parts of our bodies.

## You might use:

- Cardboard boxes of different sizes
- Playground equipment
- Furniture cushions

## What to do:

- There are many ways to do this activity. You might:
  - Visit a playground with a climbing structure
  - Arrange furniture cushions to create a maze or fort
  - Arrange boxes to explore
- Make a game of finding spaces that you and/or your child can fit into. Do you fit into a play tunnel at the park? Can you sit inside a cardboard box? Are you too tall to stand under a table? How can you arrange furniture cushions to make a structure you can fit inside?
- Find a space you can fill by stretching out your arms and legs.
- Find a space you can fit into by scrunching your body.



## Other things to try:

- Collect cardboard boxes and use them to make a playhouse.
- Stretch your arms over your head and measure the distance from your heels to your fingertips.
- Stretch your arms out wide and measure the width from your fingertips to your fingertips. How does this measurement compare to your height?
- Measure how far you can jump in a single leap.
- Measure the dimensions of the smallest box you can fit inside.

