

# Stretch, Lift, or Tap (SLoT)



## GROUP ACTIVITIES



### Suggested Topic

### Ideas for the Agenda

- Stretch, Lift, Tap – Seated Leg Lift Tabata!
- Resource: [How to do seated leg lifts](#)

- Introductions
- Ice breaker question: What is your favorite thing about fall?
- One person play an upbeat song using a radio (*refer to playlist for ideas*)
- STRETCH out your knee and LIFT your right leg up. Bring your leg back down. Repeat the same movement with your left leg. This is a **leg lift**.
- Do seated leg lifts for 20 seconds and take a 10 second break (*Repeat this sequence 8 times; one person volunteers as timer*)
- Discussion question: Where else might you do this sequence during your daily routine? Take resource home as a reminder.

- Stretch, Lift, Tap – Every minute on the minute!
- Resource: [Folding Laundry is an Opportunity to Move More](#)

- Introductions
- Ice breaker question: What is one thing you're grateful for this month?
- One person play an upbeat song using a radio (*refer to playlist for ideas*)
- Complete the following routine together. Remember to stay safe! Do as many repetitions of each exercise for 60 seconds straight:
  - Minute 1: Seated leg lifts
  - Minute 2: Ankle rolls
  - Minute 3: Arm lifts (*form a T shape with your body*)
  - Minute 4: Toe touches (*sitting or standing*)
  - Minute 5: Up on your toes (*sitting or standing*)
  - Minute 6: Wild card! Pick your favourite movement
  - Minute 7: Shoulder shrugs
- Repeat as desired
- Discussion question: Look at resource. How might you use laundry as an opportunity to move more at home?

## Suggested Topic

- Stretch, Lift, Tap – Collaborative Choreography!
- Resource: [Inspired Ideas from Older Adults](#)

- Stretch, Lift, Tap – Step Touch Tabata!
- Resource: [How to tap throughout the day](#)

- Stretch, Lift, Tap – Collaborative Choreography!
- Resource: [Inspired Ideas from Older Adults](#)

## Ideas for the Agenda

- Introductions
- Ice breaker question: What is your favourite way to stay moving in your living space?
- One person play an upbeat song using a radio (*refer to playlist for ideas*)
- Act out the following movements for the full length of the song. Follow the beat! Do as many rounds as possible!
  - Rake the leaves (8x)
  - Churn the butter (8x)
  - Cradle a baby (8x)
  - March in place (sitting or standing) (8x)
  - Wash the car(4x each arm)
  - Repeat from the beginning!
  - Include more ideas from the group
- Repeat as desired
- Discussion question: Look at resource – pick one page. What movement ideas on this page appeal to you?

- Introductions
- Ice breaker question: What is the best movie you've ever seen?
- One person play an upbeat song using a radio (*refer to playlist for ideas*)
- Complete the following routine together.
- Slide your right leg to the side and TAP your foot on the floor. Slide the left leg to meet right leg and clap your hands. Repeat in the opposite direction. This is called the **step touch**.
- Do the step touch to music for 20 seconds and take a 10 second break (*Repeat this sequence 8 times; one person volunteers as timer*)
- Discussion question: Where else might you do this sequence during your daily routine?

- Introductions
- Ice breaker question: Are you celebrating any holidays this month?
- One person play an upbeat song using a radio (*refer to playlist for ideas*)

## Suggested Topic

## Ideas for the Agenda

- Act out the following movements for the full length of the song. Follow the beat! Do as many rounds as possible!
    - Screw a lightbulb and pat the dog (8x)
    - Reel in the fishing line (8x)
    - Remove items from the shelf to the shopping cart (4x each arm)
    - Roll up your sleeves (8x)
    - Knead a loaf of bread (8x)
    - Repeat from the beginning!
    - Include more ideas from the group
  - Discussion question: Look at resource – pick one page. What movement ideas on this page appeal to you?
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- **Stretch, Lift, Tap – Every minute on the minute!**
  - **Resource: [How to do seated leg lifts](#)**
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- Introductions
  - Ice breaker question: What is your favourite genre of music?
  - One person play an upbeat song using a radio (*refer to playlist for ideas*)
  - Complete the following routine together. Remember to stay safe! Do as many repetitions of each exercise for 60 seconds straight:
    - Minute 1: Seated leg lifts
    - Minute 2: Ankle rolls
    - Minute 3: Arm lifts (*form a T shape with your body*)
    - Minute 4: Toe touches (*sitting or standing*)
    - Minute 5: Up on your toes (*sitting or standing*)
    - Minute 6: Wild card! Pick your favourite movement
    - Minute 7: Shoulder shrugs
  - Repeat as desired
  - Discussion question: Look at resource - Has anyone been doing seated leg lifts at home?