



Breathe, Stretch, Write: Learning to Write with Everything You've Got

Sheree Fitch

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The creative exercises in this innovative book use simple movements and yoga principles to boost children's creativity as they write and play with words and ideas.

Designed to spark imagination and enhance creativity, the guided exercises and fun-filled suggestions integrate elements of writing with body awareness and physical fitness to create a safe and joyful learning experience. The book is based on workshops the author has led for more than twenty years.

This friendly guide evolved from the author's own experience as a writer and teacher who marveled at how yoga and movement affected the flow of her creative work and the clarity of her writing.

Breathe, Stretch, Write supports learning that is cooperative and involves strength, flexibility, and mental discipline. It connects the power of movement with innovative writing exercises that focus on these essential elements:

- Breathing (Respiration)
- Doing (Concentration)
- Being (Inspiration)
- Writing (Creation)

Today more than ever, students need to move and find ways to be healthier in mind, body, and spirit. This book combines writing and creative exercises with the most basic movements that are easy to incorporate into classroom instruction. Useful and inspiring for teachers and students alike, the book is committed to getting kids to write and play with words and ideas. *Breathe, Stretch, Write* challenges teachers to refresh, inspire, and commit to finding the fun in learning.

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