

< Rainbow Exercise >

①  
Bend your neck to the left  
and then to the right



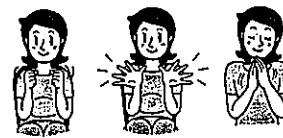
首をゆっくり左右に倒す  
(左右1回ずつ)

②  
Roll your head from shoulder to shoulder



首を大きく回す  
(左右に1回ずつ)

③  
Grab your thumbs tightly and release.  
Please repeat.  
Then rub your hands together.



親指を中に入れて握る・開く(2回)  
手のひらをこする

④  
Again, grab your thumbs and release.  
Please repeat.  
Now, rub the back of your hands together  
like this.



親指を中に入れて握る・開く(2回)  
手の甲をこする

⑤  
Again, grab your thumbs and release.  
Please repeat.  
Next, interlock your fingers and  
rub them together like this.



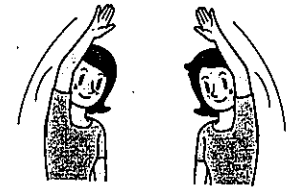
親指を中に入れて握る・開く(2回)  
指の間をこする

⑥  
Shake your hands as if they were wet,  
while shaking raise them up  
then lower them.



手を振りながらだんだん上へ(8回)・  
だんだん下へ(8回)

⑦  
Raise your left hand over your head  
and stretch to the right.  
Now, raise your right hand  
and stretch to the left.



手のひらを正面に向けて上げて、  
脇を伸ばす・戻す(左右1回ずつ)

⑧  
Raise your arms over your head  
as you look up,  
and rotate your hands like this.  
Drop your arms and your head.



両手を上にバツと開く・あごも上に  
手をキラキラ(速く)・脱力して下ろす

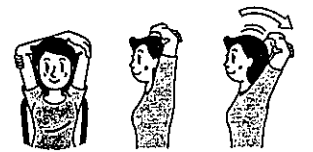
⑨  
Holding on to your elbows,  
Put your arms up at chest level.  
Turn to the left and then to the right,  
but keep your heads looking to the front.



肘を肩の高さに持って左右にねじる  
顔は正面を向いて(左右1回ずつ)

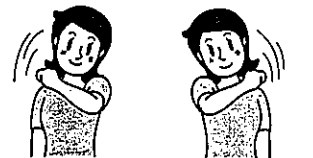
⑩  
Please repeat.

⑪  
Again hold on to your elbows and raise  
your arms above you head.  
Stretch back.



肘を持ったまま上に上げ、  
耳の後ろにゆっくりひく(2回)・戻す

⑫  
Tap your shoulders eight times each.



肩たたき  
(左右8回ずつ)

⑬ Raise your left hand over your head and stretch to the right.  
Now, raise your right hand and stretch to the left.

Raise your arms over your head as you look up, and rotate your hands like this.

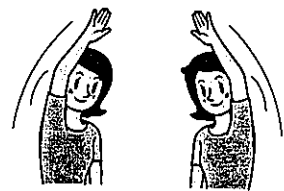
⑭ Join your hands together like this and stretch by turning to the left and then to the right

⑮ Pull your ears up and release.  
Pull your ears out and release.

⑯ Pull your ears down like this and then rub them between these two fingers like this.

⑰ Tap your head with your fingertips and then pat your face.

⑱ Tap your chest with your fingertips and then pound your lower back with the backs of your hands.



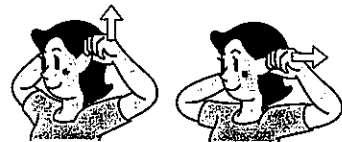
手のひらを正面に向けて上げて、  
脇を伸ばす・戻す(左右1回ずつ)



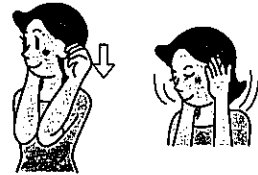
両手を上にバツと開く・あごも上に  
手をキラキラ(速く)・脱力して下ろす



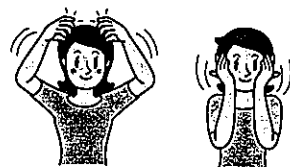
おへその高さで手を組み  
腰をねじる・戻す(左右1回ずつ)



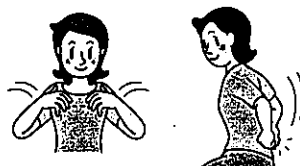
耳を持って上にひっぱる(8回)・  
横にひっぱる(8回)



耳たぶを持って下にひっぱる・  
指ではさんでこする(8回)



指先で頭をたたく(8回)・  
手のひらで顔をたたく(8回)



指先で胸をたたく(8回)・  
手をグーにして腰をたたく(8回)

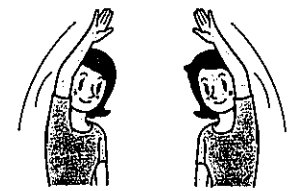
⑲ Raise your left hand over your head and stretch to the right.  
Now, raise your right hand and stretch to the left.

Raise your arms over your head as you look up, and rotate your hands like this.

⑳ Raise your arms over your head as you look up, and rotate your hands like this.  
Lower your arms and your head slowly.  
But keep rotating your hands.

㉑ Interlock your fingers behind your back.  
Stretch by lifting your arms up and bending your head back.

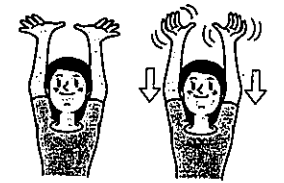
㉒ Raise your arms over your head with your fingers outstretched and look up.  
Lower your arms and head.



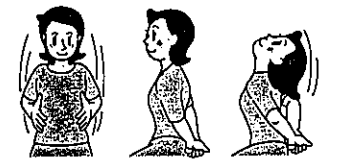
手のひらを正面に向けて上げて、  
脇を伸ばす・戻す(左右1回ずつ)



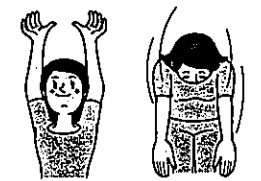
両手を上にバツと開く・あごも上に  
手をキラキラ(速く)・脱力して下ろす



両手を上にバツと開く・あごも上に  
手をキラキラ(速く)・そのまま下へ



体の脇をさわりながら、後ろで手を組み、  
あごを上げて体をそらす・戻す



深呼吸 体の脇をさわりながら  
手を上に、あごも上に・脱力