

How do you show love to others?

I practice kindness. I am gentle, friendly, and think about others.

What does God say?

“Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done.”

Ephesians 4:32

2025 Spring
LOVE
 March 3 - May 31

Closed:
 March 3 (Staff Training)
 April 18-19 (Easter Weekend)
 May 26 & 29 (Memorial Day & Staff)

May 18: Starwatch Student Show

March 2025						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2025						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2025						
Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Big Ideas

1. Kindness is gentle, friendly, and thinks about others.
2. I can be kind even when I don't feel like it.
3. Kindness chooses to believe the best about others.
4. Kindness is powerful, not weak.

Lessons

- 1.1 Gentle – Kindness in Words & Actions (Gentle vs. Harsh & Speaking Truth)
- 1.2 Friendly – Kindness Invites Connection & Belonging
- 1.3 Thinks About Others – Noticing Needs & Helping
- 2.1 Choosing Kindness Over Feelings (Kindness to Yourself Included)
- 2.2 Forgiveness is a Powerful Kindness Choice (*Merged with 4.2*)
- 2.3 Kindness Can Change Situations for the Better (The Courage to Be Kind)
- 3.1 Perspective-Taking – Seeing Beyond Yourself
- 3.2 Empathy – Putting Yourself in Someone Else's Shoes
- 3.3 Assuming the Best – Giving People a Chance
- 4.1 Gentle = Strength Under Control (Speaking Truth with Kindness Included)
- 4.2 Kindness is Contagious (New Lesson)
- 4.3 Consistent Kindness Can Change Even the Hardest Hearts

Spring 2025 CT SR Version: Love Is Kind

Week 1: March 10-15

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. 25 Jumping Jacks!
- b. Place students intentionally in a semi-circle close enough to:
 - i. See and follow you during declaration & verse
 - ii. See and hear iPad / Speaker when it plays.

2. Practice declaration & verse

How do you show love to others?

I practice kindness. I am gentle, friendly, and think about others.

What does God say?

“Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done.” Ephesians 4:32

3. Play Video: Lesson 1

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Have you ever had someone yell at you or grab something roughly?
 - ii. **Key Point:** Kindness is Gentle, in your words and actions.
 - iii. **Example:** A teammate encourages instead of criticizing.
 - iv. **Verse:** “A gentle answer turns away wrath, but a harsh word stirs up anger.” — Proverbs 15:1
 - v. **Challenge:** Practice using a gentle tone today.

4. Discussion: Choose 1 question

- a. Think about a time when someone spoke to you with a harsh tone. How did it make you feel? How might the situation have been different if they had spoken gently?
- b. Why do you think it takes strength to be gentle instead of reacting with harsh words or actions?
- c. What is one way you can practice using a gentler voice or gentler actions today?

5. Week 1 Stretch:

- a. Arm circles - 8x forward + 8x backward on each arm
- b. Standing pike stretch - 10 seconds
- c. Sitting pike with pointed toes, hold “tight quads” for 10 seconds
- d. Bridge stretch - push arms straight & head off floor;
 - i. If possible - rocking bridges, and bridges lifting one leg up

6. Remember: Practice Kindness by being gentle with your words today.

Planning Notes:

Week 2: March 17-22

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. 25 Jumping Jacks!
- b. Place students intentionally in a semi-circle close enough to:
 - i. See and follow you during declaration & verse
 - ii. See and hear iPad / Speaker when it plays.

2. Practice declaration & verse

How do you show love to others?

I practice kindness. I am gentle, friendly, and think about others.

What does God say?

“Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done.” Ephesians 4:32

3. Play Video: Lesson 2

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Have you ever felt left out in a new place?
 - ii. **Key Point:** Kindness means including others.
 - iii. **Example:** You invite a new student to warm up together.
 - iv. **Verse:** “Be kind and tender to one another.” — Ephesians 4:32
 - v. **Challenge:** Be friendly to someone today

4. Discussion: Choose 1 question

- a. Can you think of a time when you felt left out? What could someone have done to make you feel included?
- b. What are some small ways you can be friendly to someone new or shy?
- c. How do you think being friendly and inviting others in can make a difference in this class/group, the whole gym, or your school or home?

5. Week 2 Stretch:

- a. Arm circles - 8x forward + 8x backward on each arm
- b. Standing pike stretch - 10 seconds
- c. Sitting pike with pointed toes, hold “tight quads” for 10 seconds
- d. Bridge stretch - push arms straight & head off floor;
 - i. If possible - rocking bridges, and bridges lifting one leg up

6. Remember: Kindness means including others.

Planning Notes:

Week 3: March 24-29

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. In Push-up shape: 10 Shoulder touches on each arm!
- b. Place students intentionally in a semi-circle close enough to:
 - i. See and follow you during declaration & verse
 - ii. See and hear iPad / Speaker when it plays.

2. Practice declaration & verse

How do you show love to others?

I practice kindness. I am gentle, friendly, and think about others.

What does God say?

“Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done.” Ephesians 4:32

3. Play Video: Lesson 3

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Imagine someone drops their books and no one helps.
 - ii. **Key Point:** Kindness means looking for ways to help.
 - iii. **Example:** A ninja student notices a classmate left their water bottle in the corner when going to the next event, and grabs it for them.
 - iv. **Verse:** “Do to others as you would have them do to you.” — Luke 6:31
 - v. **Challenge:** Pause today and ask, “Who around me needs kindness?”

4. Discussion: Choose 1 question

- a. Think of a time when someone noticed you needed help and did something kind for you. How did it make you feel?
- b. Why do you think people sometimes ignore when others need help? How can we be more aware of others' needs?
- c. What is one small act of kindness you can do this week to help someone without being asked?

5. Week 3 Stretch:

- a. Criss-Cross Arms - 8x
- b. On Hands and knees: Wrist stretches forwards & backwards; then side to side.
- c. Sitting pike with pointed toes, hold “tight quads” for 10 seconds
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
 - i. Repeat same stretch on other leg

6. Remember:

Planning Notes:

Spring 2025 CT SR Version: Love Is Kind

Week 4: March 31-Apr 5

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. In Push-up shape: 10 Shoulder touches on each arm!
- b. Place students intentionally in a semi-circle close enough to:
 - i. See and follow you during declaration & verse
 - ii. See and hear iPad / Speaker when it plays.

2. Practice declaration & verse

How do you show love to others?

I practice kindness. I am gentle, friendly, and think about others.

What does God say?

"Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done." Ephesians 4:32

3. Play Video: Lesson 4

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:** When was the last time you woke up in a bad mood
 - ii. **Key Point:** Kindness is a Choice, Even When We Don't Feel Like It
 - iii. **Example:** Sally takes a deep breath instead of snapping, and answers with kind words.
 - iv. **Verse:** "Let us not grow weary of doing good." — Galatians 6:9
 - v. **Challenge:** If you're in a bad mood, pause before reacting!

4. Discussion: Choose 1 question

- a. Have you ever chosen to be kind when you were in a bad mood? How did it turn out?
- b. Why is it sometimes hard to be kind to yourself? What's one way you could practice being gentle and friendly to yourself today?
- c. What's one small thing you could do when you're feeling upset to help you still choose kindness?

5. Week 4 Stretch:

- a. Criss-Cross Arms - 8x
- b. On Hands and knees: Wrist stretches forwards & backwards; then side to side.
- c. Sitting pike with pointed toes, hold "tight quads" for 10 seconds
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
 - i. Repeat same stretch on other leg

6. Remember: Kindness is a Choice, Even When We Don't Feel Like It

Planning Notes:

Week 5: Apr 7-Apr 12

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. Laying on back with bent knees: 10 crunches (sit halfway up to touch shins, then lay back down)
- b. Place students intentionally in a semi-circle close enough to:
 - i. See and follow you during declaration & verse
 - ii. See and hear iPad / Speaker when it plays.

2. Practice declaration & verse

How do you show love to others?

I practice kindness. I am gentle, friendly, and think about others.

What does God say?

“Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done.” Ephesians 4:32

3. Play Video: Lesson 5

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:**
 - ii. **Key Point:** Forgiveness is a Powerful Kindness Choice
 - iii. **Example:** Not forgiving is like carrying around heavy weights in a backpack. Forgiveness is liking letting go of those weights.
 - iv. **Verse:** Theme verse! (but not stated in video this week)
 - v. **Challenge:** Think of someone you might need to forgive. It doesn't mean pretending what they did was okay—but it means choosing kindness over payback.

4. Discussion: Choose 1 question

- a. What is something that could happen in practice today that you might need to forgive someone for?
- b. Have you ever had to forgive someone for saying something about you? How did you feel after you forgave them?
- c. Why do you think it's hard to forgive someone when they hurt us? What helps you let go of anger?

5. Week 5 Stretch:

- a. Reach up and stretch sideways, 8 seconds to each side
- b. In sitting pike: Flex and point toes 4x; 4 ankle circles one way; 4 ankle circles the other way
- c. Tight quad single leg lifts - 8x on each leg
- d. Bridge stretch - push arms straight & head off floor;
 - i. If possible - rocking bridges, and bridges lifting one leg up

6. Remember: **Forgiveness is a powerful kindness choice**

Planning Notes:

Spring 2025 CT SR Version: Love Is Kind

Week 6: Apr 14-17 (Closed April 18-19)

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. Laying on back with bent knees: 10 crunches (sit halfway up to touch shins, then lay back down)
- b. Place students intentionally in a semi-circle close enough to:
 - i. See and follow you during declaration & verse
 - ii. See and hear iPad / Speaker when it plays.

2. Practice declaration & verse

How do you show love to others?

I practice kindness. I am gentle, friendly, and think about others.

What does God say?

"Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done." Ephesians 4:32

3. Play Video: Lesson 6

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Have you ever messed up and felt embarrassed, wondering what other's think?
 - ii. **Key Point:** Kindness Can Change a Situation
 - iii. **Example:** A student messes up, but someone jumps in with kindness and the whole class changes.
 - iv. **Verse:** "Do not be overcome by evil, but overcome evil with good." — Romans 12:21
 - v. **Challenge:** One small act of kindness can change the whole atmosphere. Will you be the one to change it?

4. Discussion: Choose 1 question

- a. Have you ever seen someone get laughed at or left out? What could you do in that moment to be kind?
- b. If you were the kid who tripped in the ninja course, what would you like someone to do or say to help you feel included and safe in the group?
- c. Why is it scary to be the person who steps in with kindness sometimes?

5. Week 6 Stretch:

- a. Reach up and stretch sideways, 8 seconds to each side
- b. In sitting pike: Flex and point toes 4x; 4 ankle circles one way; 4 ankle circles the other way
- c. Tight quad single leg lifts - 8x on each leg
- d. Bridge stretch - push arms straight & head off floor;
 - i. If possible - rocking bridges, and bridges lifting one leg up

6. Remember: *One small act of kindness can change the whole atmosphere.*

Planning Notes:

Spring 2025 CT SR Version: Love Is Kind

Week 7: Apr 21-26

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. Hop on one foot: forward-backward 10x, then side to side 10x. Repeat on the other foot!

2. Practice declaration & verse

How do you show love to others?

I practice kindness. I am gentle, friendly, and think about others.

What does God say?

“Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done.” Ephesians 4:32

3. Play Video: Lesson 7

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Have you ever though someone was mad at you just from a single look?
 - ii. **Key Point:** Kindness Thinks About Others' Perspective
 - iii. **Example:** Binoculars - “don’t just zoom in on how you see things or feel, look around”
 - iv. **Verse:** Everyone should be quick to listen, slow to speak, and slow to become angry.” — James 1:19
 - v. **Challenge:** Don’t just zoom in, look around. “What else is going on that I don’t see?”

4. Discussion: Choose 1 question

- a. Have you ever thought someone was upset with you, but later found out they weren’t thinking about you at all?
- b. What helps you slow down and think about what someone else might be going through?
- c. What’s one way you can “look around” instead of “zooming in” when something confuses you or feels hurtful?

5. Week 7 Stretch:

- a. Arm circles - 8x forward + 8x backward on each arm
- b. Standing straddle stretch - 10 second reach toward each foot
- c. Sitting straddle: pancake stretch
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
 - i. Repeat same stretch on other leg

6. Remember: Don’t just zoom in, look around. “What else is going on that I don’t see?”

Planning Notes:

Week 8: Apr 28-May 3

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. Hop on one foot: forward-backward 10x, then side to side 10x. Repeat on the other foot!

2. Practice declaration & verse

How do you show love to others?

I practice kindness. I am gentle, friendly, and think about others.

What does God say?

"Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done." Ephesians 4:32

3. Play Video: Lesson 8

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Kindness means Empathy - paying attention to what people feel.
 - ii. **Key Point:** **Empathy Helps Us Care About How Others Feel**
 - iii. **Example:** "Emotion Glasses" - look for how people might be feeling.
 - iv. **Verse:** "Be happy with those who are happy. Be sad with those who are sad." — Romans 12:15 ICB
 - v. **Challenge:** Ask yourself "what might people be feeling?" - use your "Emotion glasses"

4. Discussion: Choose 1 question

- a. Have you ever felt something big—like really excited or really sad—but no one noticed you? How do you wish someone would have responded?
- b. Think of someone in your class or family who might have felt upset or disappointed this week. How could you show them that you care about how they feel?
- c. Why do you think it matters that we try to understand someone's feelings, even if we don't feel the same way?

5. Week 8 Stretch:

- a. Arm circles - 8x forward + 8x backward on each arm
- b. Standing straddle stretch - 10 second reach toward each foot
- c. Sitting straddle: pancake stretch
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
 - i. Repeat same stretch on other leg

6. Remember: Empathy Helps Us Care About How Others Feel

Planning Notes:

Spring 2025 CT SR Version: Love Is Kind

Week 9: May 5-10

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. 10 Plank-ups (Start in plank, move one hand at a time to arrive in push-up shape; move one hand at a time to go back to elbows and plank)

2. Practice declaration & verse

How do you show love to others?

I practice kindness. I am gentle, friendly, and think about others.

What does God say?

“Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done.” Ephesians 4:32

3. Play Video: Lesson 9

- a. Play video on iPad / Speaker! (Pause once to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:** You wave at your friend, but they walk past without saying hi. Or your coach gives you a serious look after practice.
 - ii. **Key Point:** Kindness builds bridges. Jumping to conclusions breaks them.
 - iii. **Example:** Believing the best about someone is like adding bricks to a trust bridge. Assuming the worst pulls bricks out.
 - iv. **Verse:** none - theme verse only
 - v. **Challenge:** When you feel confused or hurt, pause and ask: “Could there be another reason?” Choose to build trust, not break it.

4. Discussion: Choose 1 question

- a. Have you ever thought someone was mad at you, but later found out they weren't upset at all?
- b. Why do you think it's easy to jump to bad conclusions when someone acts differently than we expect?
- c. What could you do next time you feel confused about someone's actions to help build a trust bridge instead of tearing it down?

5. Week 9 Stretch:

- a. Criss-Cross Arms - 8x
- b. On Hands and knees: Wrist stretches forwards & backwards; then side to side.
- c. Sitting straddle: pancake stretch 10 seconds, then try straddle holds
- d. Bridge stretch - push arms straight & head off floor;
 - i. If possible - rocking bridges, and bridges lifting one leg up

6. Remember: Kindness builds bridges. Jumping to conclusions breaks them.

Planning Notes:

Week 10: May 12-17

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. 10 Plank-ups (Start in plank, move one hand at a time to arrive in push-up shape; move one hand at a time to go back to elbows and plank)

2. Practice declaration & verse

How do you show love to others?

I practice kindness. I am gentle, friendly, and think about others.

What does God say?

"Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done." Ephesians 4:32

3. Play Video: Lesson 10

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Holding a stuffed rabbit is easy. Holding a real rabbit takes both strength and gentleness.
 - ii. **Key Point:** Kindness is powerful. It's strength under control.
 - iii. **Example:** Gentle strength means correcting someone kindly, not yelling or shaming.
 - iv. **Verse:** "Blessed are the gentle, for they will inherit the earth." — Matthew 5:5 (NASB)
 - v. **Challenge:** Be gentle with your words, your hands, and your attitude. That's real strength.

4. Discussion: Choose 1 question

- a. When is it hardest for you to stay gentle—with your words or your actions?
- b. Why do you think it takes more strength to stay calm and kind than it does to yell or be rough?
- c. What is one way you could practice gentle strength this week—with a friend, coach, or family member?

5. Week 10 Stretch:

- a. Criss-Cross Arms - 8x
- b. On Hands and knees: Wrist stretches forwards & backwards; then side to side.
- c. Sitting straddle: pancake stretch 10 seconds, then try straddle holds
- d. Bridge stretch - push arms straight & head off floor;
 - i. If possible - rocking bridges, and bridges lifting one leg up

6. Remember: Kindness is powerful. It's strength under control.

Planning Notes:

Week 11: May 19-24

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. 10 V-sits

2. Practice declaration & verse

How do you show love to others?

I practice kindness. I am gentle, friendly, and think about others.

What does God say?

"Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done." Ephesians 4:32

3. Play Video: Lesson 11

- a. Play video on iPad / Speaker! (*Pause once or twice to highlight something or redirect focus.*)
- b. **Outline for coach (reference only)**
 - i. **Hook:** A big goofy smile — then pause: "Did you smile back? Smiles are contagious!"
 - ii. **Key Point:** Kindness is contagious — just like a smile. One small choice can change the whole room.
 - iii. **Example:** Thinking ahead to encourage someone — smiling first, helping without being asked, writing a kind note.
 - iv. **Verse:** "Therefore encourage one another and build each other up, just as you are doing." — 1 Thessalonians 5:11 (NASB)
 - v. **Challenge:** Start a kindness chain this week. Smile first. Say something kind first. Offer help first.

4. Discussion: Choose 1 question

- a. Can you think of a time when someone's smile or kind word made you feel better? What happened?
- b. What is one small act of kindness you could do this week that might spread to others?
- c. Why do you think kindness is "contagious" like a smile or laughter?

5. Week 11 Stretch:

- a. Tricep stretch: Grab elbow and pull it behind your head; Repeat on the other arm
- b. In sitting pike: Flex and point toes 4x; 4 ankle circles one way; 4 ankle circles the other way
- c. Sitting pike stretch 10 seconds, then try pike holds
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
 - i. Repeat same stretch on other leg

6. Remember: Kindness is Contagious – One Small Smile or Choice Can Spread

Planning Notes:

Spring 2025 CT SR Version: Love Is Kind

Week 12: May 27-28, 30-31 (Closed May 26 & 29)

Be an APT CT COACH: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. 10 V-sits

2. Practice declaration & verse

How do you show love to others?

I practice kindness. I am gentle, friendly, and think about others.

What does God say?

"Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done." Ephesians 4:32

3. Play Video: Lesson 12

- a. Play video on iPad / Speaker! (*Pause once or twice to highlight something or redirect focus.*)
- b. **Outline for coach (reference only)**
 - i. **Hook:** A padlock doesn't look like a heart, but some hearts are locked up by hurt or fear.
 - ii. **Key Point:** Kindness doesn't force hearts open — it patiently unlocks them.
 - iii. **Example:** Tapping gently on a lock that doesn't open at first... until one day, it clicks open.
 - iv. **Verse:** "Do not be overcome by evil, but overcome evil with good." — Romans 12:21 (NASB)
 - v. **Challenge:** If someone is unkind, don't shut down. Keep showing kindness. That's how hearts begin to open.

4. Discussion: Choose 1 question

- a. Have you ever had someone be mean or ignore you—and you wanted to give up being kind?
- b. Why do you think it takes strength to keep showing kindness when someone doesn't respond right away?
- c. Can you think of someone in your life who might have a "locked-up" heart? What's one way you could show patient kindness to them this week?

5. Week 12 Stretch:

- a. Tricep stretch: Grab elbow and pull it behind your head; Repeat on the other arm
- b. In sitting pike: Flex and point toes 4x; 4 ankle circles one way; 4 ankle circles the other way
- c. Sitting pike stretch 10 seconds, then try pike holds
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
 - i. Repeat same stretch on other leg

6. Remember: Kindness doesn't force hearts open — it patiently unlocks them.

Planning Notes:
