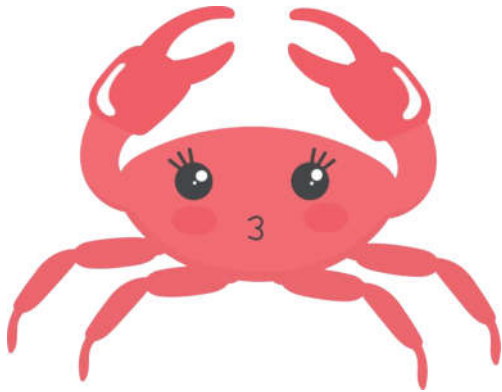
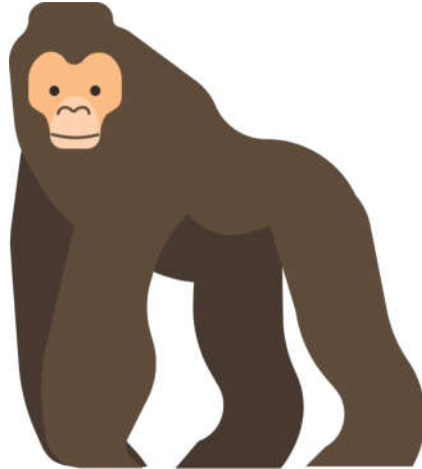


CRAB CRAWL



Sit on the floor and place your hands on the floor behind you. Lift yourself off the ground and crawl on your hands and feet like a crab.

GORILLA SHUFFLE



Start in a low sumo squat and shuffle-jump to the left and the right, using your hands for balance.

BEAR WALK



Place your hands on the ground in front of your feet and "walk" from left to right. Keep your hips high and your head low.

FROG JUMPS



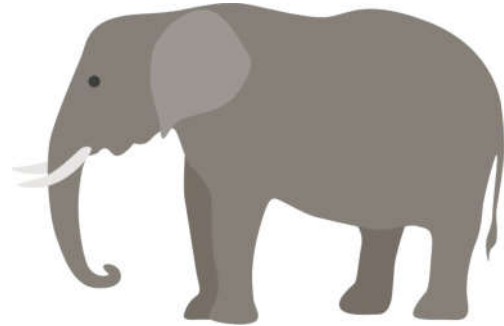
Sink into a low sumo-type squat and place your hands on the ground in front of you. Then, jump like a frog. Feel free to ribbit too, if you want.

CHEETAH RUN



Run in place as fast as you can, just like the fastest animal in the world.

ELEPHANT STOMPS



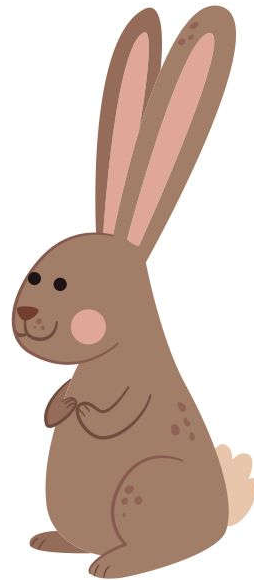
March in place, lifting your knees as high as you can. Then, stomp the ground with all your strength, thumping like an elephant.

STARFISH JUMPS



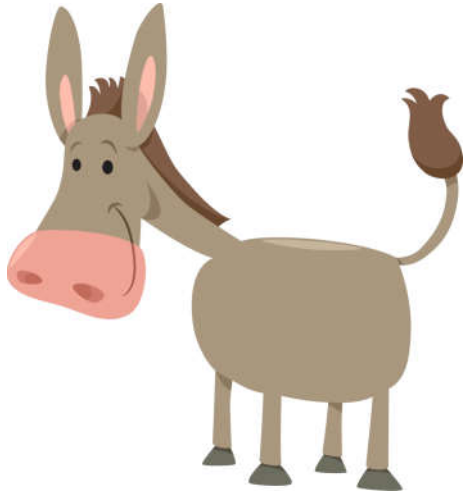
Jump up and down spreading your arms and legs out as wide as you can.

BUNNY HOPS



Bend slightly at the knees and then jump up and down, springing up as high as you can.

DONKEY KICKS



Bend over and place your palms on the ground so you are standing on all fours. Kick your legs (one at a time) out straight behind you.

FLAMINGO STANCE



Stand up and balance on one foot.

MONKEY CLIMBS



Put your arms up straight above your head. First, bend your left arm while raising your right knee, then straighten and bend your right arm while raising your left knee. (Parents, think standing mountain climbers!)

HORSE GALLOPS



Skip in place like a galloping horse.

LADYBUG CRAWL



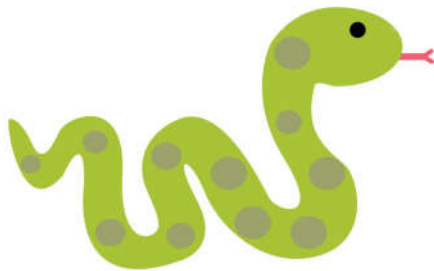
Crawl on your hands and knees keeping as low to the ground as you can.

SLOTH SALUTATION



Stand up completely straight and bring your hands together near your chest. Close your eyes and take a deep breath in and out.

SNAKE SLITHER



Lay on the ground and use your forearms to pull yourself forward, keeping your legs out behind you like a slithering snake.

BUTTERFLY STRETCH



Sit up tall and place the soles of your feet together. Use your hands to pull your feet in toward your groin. Move your knees up and down gently like a butterfly flapping its wings.