

 ANIMALS

**Warm up – Sit on your bottom with your legs stretched out in a triangle shape, put your hands in front of your eyes and pretend you are holding binoculars. Twist from side to side and look out for different animals. Roll on to your back and lie flat on your back. Move your legs up and down and pretend you are walking through the forest looking for different animals.**

**Main activity – Complete some or all of the activities below and add animal music if you like!**

**Frog** - Frog jumps

**Snail** - Laying on tummy and pushing along the floor

**Rabbit** - Bunny hops

**Elephant** - On hands and knees, swinging arm like a trunk

**Giraffe** - Standing tall on tiptoes, one arm up like a long neck (Balance activity)

**Monkey** - Sitting on bottom, feet lifted, monkey arms

**Lion** - On hands and knees, lift back up, arch down and roar (Cat / Cow stretch)

**Snake** - Laying on tummy, lift chest up and hiss

**Owl** - Sit on bottom, twist side to side, flapping wings