

Animal Exercises Game

For this game we will be working on our balance, flexibility and strength exactly how animals do. Are you ready? Follow along with the chart and make sure you stretch. Lets go!

| Animal Exercise: | How To: |
|----------------------|---|
| Crab Crawls | Start by turning your body over and crawl on your hands and feet. Keep your body close to the ground. This helps strengthen your upper body. |
| Frog Jumps | Start by standing up and then lowering yourself into a squat position. Now carefully jump forward and land in your squat position hold. This helps build strength in your legs. |
| Giraffe Long Stretch | Standing up tall, take your arms and reach them over your head as high as you can. And take dep breaths. <i>This stretches our you arms, shoulders and core.</i> |
| Elephant Trunk Hang | Stand up and bend over letting your hands fall loosely to the ground. You can reach for your toes for a better stretch. This stretches out your lower bad and legs. |
| Monkey Moves | Stand on one leg, bend that leg and put your hands on your hips and now bounce over to your other leg. Keep bouncing from leg to the other. This helps you build your balance. |