

ANIMAL EXTRAVAGANZA

Materials: Have your child choose 10 different animals. You can have him/her draw these animals and create animal cards, or you can simply write each one on a sheet of paper and set inside a bowl/bucket.

Directions: Have your child pick an animal from the bowl. Your child can move like that animal and create animal noises for 30seconds-1 minute. Then have him/her choose a new animal.

Examples of animals:

- Horse
- Cow
- Pig
- Bird
- Frog
- Cheetah
- Lion
- Bear
- Moose
- Crab
- Crocodile
- Snake
- Dog
- Cat
- Penguin
- Seal
- Rabbit
- Duck



Creativity: To make your activity more creative, have your child create their own animal, or use an imaginary animal of their choice.

Challenge: To add an additional challenge, after each animal, have your child complete 5-10 exercises, such as jumping jacks, crab kicks, shoulder slaps/push-ups, or squats.