Animal Kingdom Exercises

1. Bear Crawl
   - Who can growl the loudest?

2. Star Jump
   - Who can touch the sky?

3. Butterfly kicks
   - Who can take off and fly away?

4. Bridges
   - Who can make the tallest bridge?
   - Who can have someone crawl under their bridge?

5. Frog Jumps

6. Bunny Hops
   - Who can quack like a duck?

7. Crab Walks

8. Duck walks

Do as many of these as you would like to! Don’t forget to take breaks if you get tired and to drink plenty of water while you play!