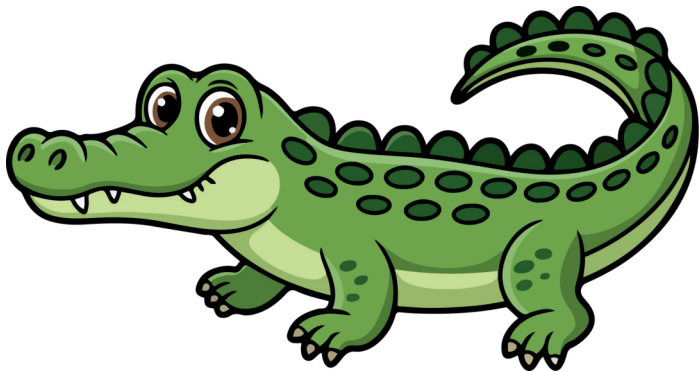


A

Alligator Crawl

Crawl on your belly with arms pulling forward like an alligator in the swamp.



B

Bear Walk

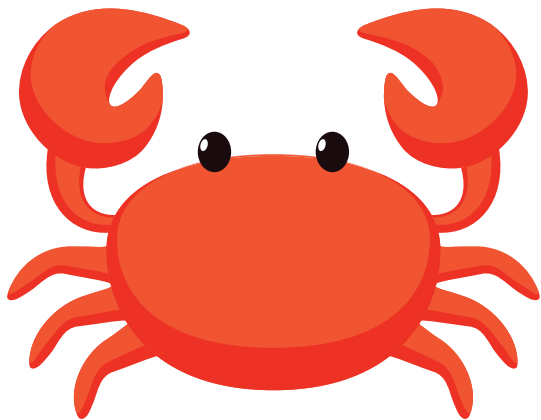
Walk on hands and feet with hips up high.



C

Crab Walk

Sit, lift your tummy, and walk backwards using hands and feet.

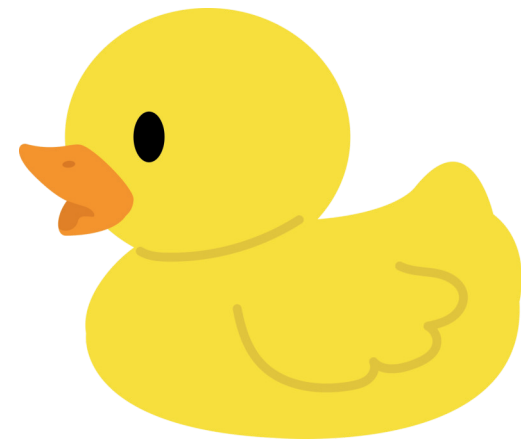


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D

Duck Waddle

Squat low and waddle side to side like a duck.

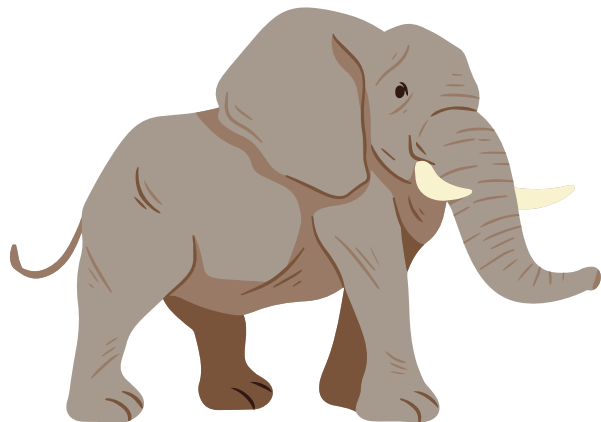


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E

Elephant Stomp

Stomp heavily with swinging arm as the trunk.

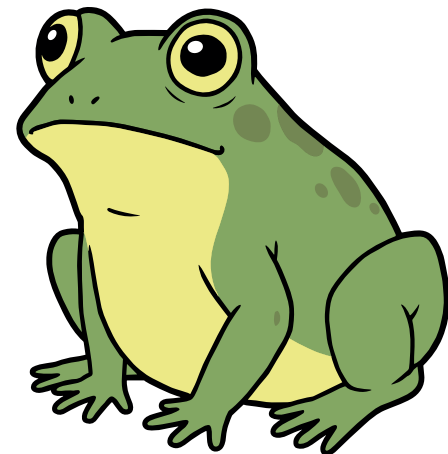


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F

Frog Jump

Squat down and leap forward with both feet.

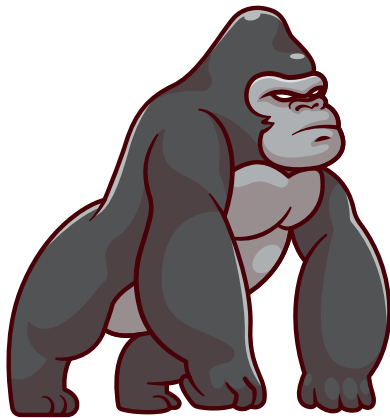


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G

Gorilla Walk

Bend knees, hunch shoulders, and tap your chest as you move.

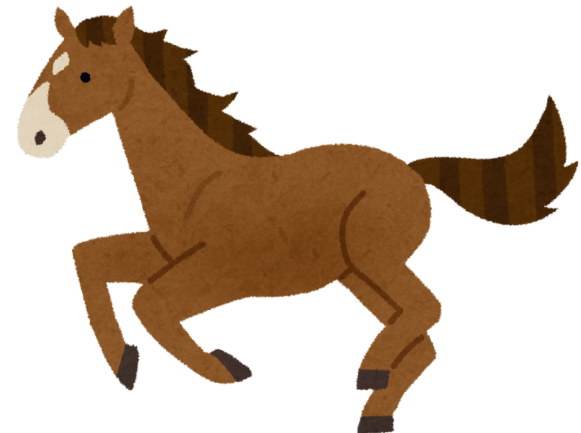


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H

Horse Gallop

Gallop around like a horse with one leg leading.



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I

Inchworm Stretch

Hands walk forward
from a standing
position into a plank,
then feet walk up to
hands.

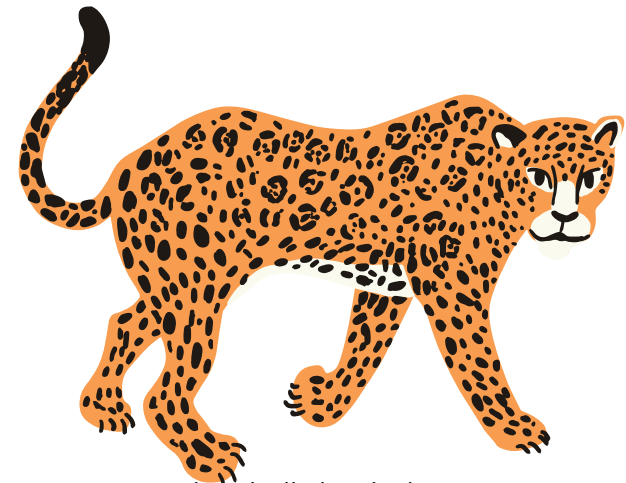


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J

Jaguar Sprint

Run fast and quietly like
a sneaky jaguar.

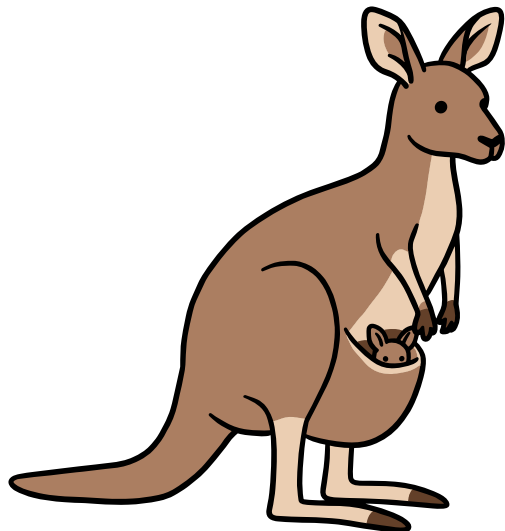


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K

Kangaroo Hop

Hold hands in front and
jump with both feet
together.

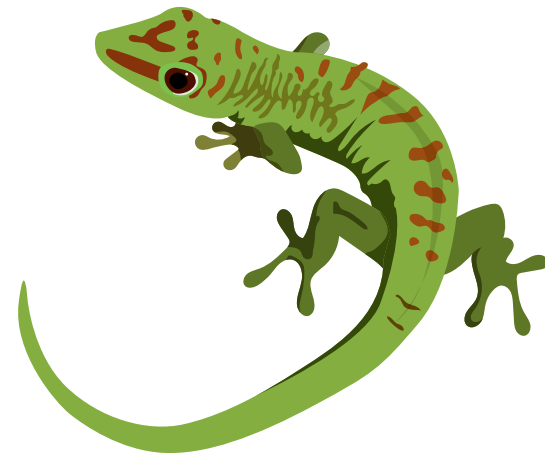


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L

Lizard Crawl

Keep low to the ground,
crawling with elbows
and knees.



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M

Monkey Swing

Pretend to swing from branch to branch, moving arms widely.



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N

Newt Slide

Slide on your belly like a newt gliding over a rock.

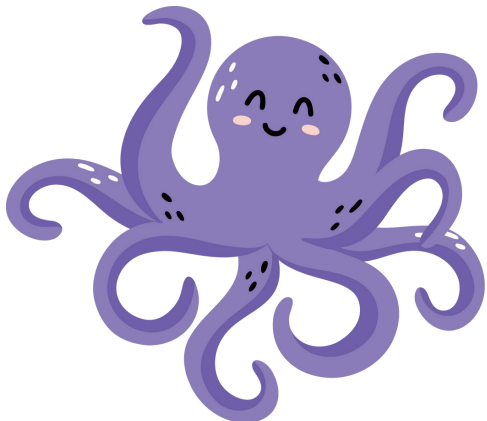


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O

Octopus Wiggle

Wiggle arms and legs in all directions like an octopus.



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P

Penguin Shuffle

Arms tucked to sides, waddle with small side steps.



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Q

Quokka Bounce

Make small happy hops with a big smile like a cheerful quokka.



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R

Rabbit Hop

Hop forward with both feet and hands touching the floor for balance.



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S

Snake Slither

Lie on belly and slither forward without using hands.



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T

Tiger Prowl

Crawl quietly on hands and knees, stalking like a tiger.

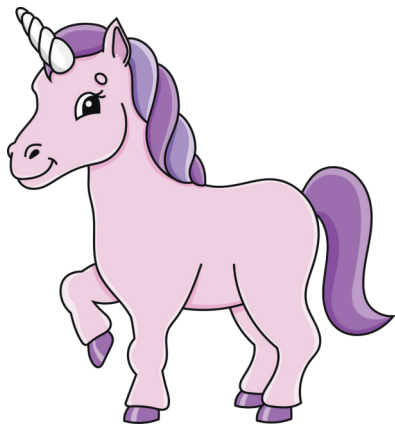


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U

Unicorn Prance

Step lightly and gracefully, pretending you have a magical horn.



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V

Vulture Glide

Stretch arms wide and move in circles like you're gliding in the sky.

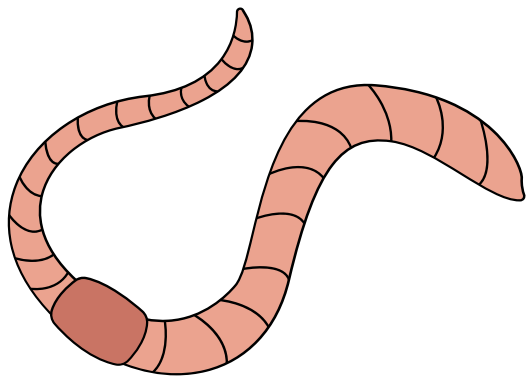


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W

Worm Wiggle

Lie on the ground and wiggle your whole body.



X

Xerus Scamper

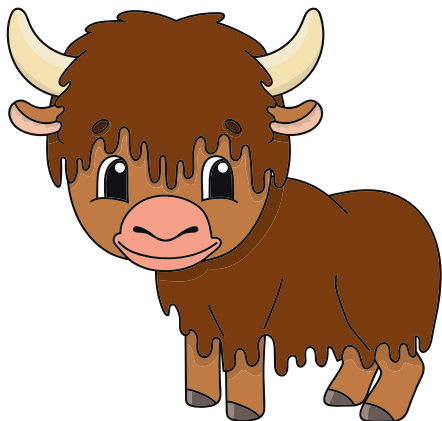
Scamper quickly with tiny steps like a squirrel.



Y

Yak Trot

Trot slowly while pretending to have big horns.

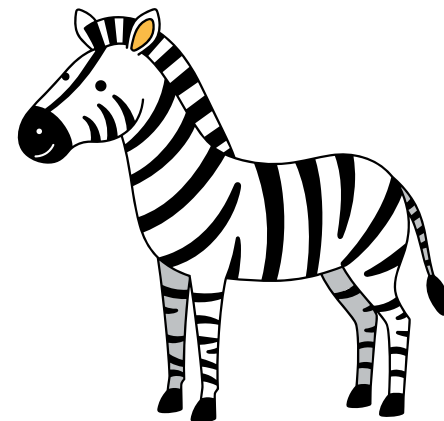


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Z

Zebra Run

Run around in a zig-zag pattern like a zebra on the plains.



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