

Animal Movements

What to do:

Discuss and explain the activity to your child: "Today we will explore animal movements."

Have your child act out the following:

- **Bear Crawl** - Move around on hands and knees with the front of your body facing the floor, knees should be bent. Your back should be flat, and your hips should be slightly higher than your shoulders. Move your head side to side as you move.
- **Elephant Swing** - Put your arms together in front of your body, then swing your arms from side to side as though your arms are elephant trunks. Make elephant sounds.
- **Penguin Walk** - Keep your arms by your side and close to your body. Take quick small steps, walking on your heels. Wobble as you walk.
- **Kangaroo Jump** - Keep your legs together and get as low as possible on the ground. Jump straight up in the air, as high as possible, while keeping legs together.

Extension:

1. Draw a picture of each animal.
2. Search places where these animals live.
3. Discuss your favorite animal.

Materials:

Safe, open space to move.



Questions to ask your child:

- What body parts do animals use to move?
- What animals crawl?
- Why do dogs wag their tail?
- Why do some animals move fast and why do some animals move slow?

Why is this activity important?

This activity is important to encourage creativity while building gross motor skills by practicing balancing and movement.

Learning Objective: To understand that all animals do not move the same way.