

## Are you faster than a cheetah?

**5-10** Run around or in place. Count while running. What number did you reach? Be sure to growl & make cheetah noises!

**10-20** Cheetahs pounce & run. Run around or in place and jump after every 3 steps. Pretend you're playing with your other cheetah friends, use those claws!



## Can you jump as high as a monkey?

**5-10** Jump up & down. Notice how high you get your off the ground. Can you go higher next time? Make monkey sounds & work for that banana!

**10-20** Monkeys are pretty flexible. Jump up and down, then take a break to stretch your body, repeat until time's up or monkey needs a nap!



## How does a seal bounce a ball?

**5-10** Get a ball that's soft or a rolled pair of socks. Bounce it off parts of your body. Count & try to go longer each time! Clap your hands together and bark, if you like it!

**10-20** Use a ball that's soft or a rolled pair of socks, find a partner or a wall. Can you bounce it back and forth 10 times? Try to go longer each time you do it! Celebrate with a bark and clap of your hands.



## What's soft like a bunny?

**5-10** Walk around your space and touch things. What feels soft? Go back to the item that was the softest, pretend it's a bunny and pet it. Feed it a carrot.

**10-20** Draw a picture of a bunny and write a list of all the soft things that help you feel better. Now, find something in your space that's soft, touch it, wiggle your nose and hop twice!



## What's rough like a porcupine?

**5-10** Walk around and touch things. What feels rough? Go back to the item that was the roughest, how do you feel when you touch this thing? Does the way you touch it change how it feels to you?

**10-20** Knees under your body. Put your head down. Adjust your body for what feels right for you. Notice the ground. Be a protective porcupine. How does that feel? Draw a picture of a porcupine, what's he protecting himself from?



## What's smooth like a snake?

**5-10** Walk around and touch things. What feels smooth? Go back to the item that was the smoothest and touch it. Hiss while you touch it. Write a list of all the smooth things that start with "S".

**10-20** Get a piece of paper. Does it feel smooth? Draw a picture of a snake. Once you're done, rub your hand over the paper again. How does it feel now?

