



Learning
Jungle

Home Activities

Animal Exercises



Crab Walk

- Sit on the ground
- Bend your knees
- Place both hands behind you
- Lift your hips up off the ground
- Walk forward using only your hands and feet like a crab



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Elephant Trunk Swing

- Stand with your feet apart
- Clasp your hands and keep your arms straight down in front of you
- Bend over and keep your legs straight
- Swing your arms from left to right, low to the ground like an elephant's trunk



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Bear Crawl

- Start on your hands and knees facing the ground
- Lift your knees up off the ground using your feet and keep your hips high in the air
- Crawl forward on your hands and feet like a bear



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Frog Jump



- Spread your feet apart
- Bend your knees and keep your hips down close to the ground
- Place both hands in front of you flat on the ground
- Jump, pushing off with both hands and feet like a frog



Animal Exercises



Starfish

- Stand up straight with your feet together and arms down by your side
- Jump as high as you can and stretch both arms and legs out wide like a starfish
- Return to the start position and repeat





Animal Exercises



Duck Walk

- Spread your feet apart
- Bend your knees and keep your hips down close to the ground
- Clasp your hands together under your chin
- Waddle one leg at a time like a duck





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Turtle Dive

- Lay face down on the floor
- Stretch out both arms and legs
- Lift your head, shoulders and knees up off the ground without using your hands
- Hold this position and then relax



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Bunny Hop

- Keep your feet close together
- Bend your knees slightly
- Make two fists and keep them close to your chest
- Hop forward using your feet