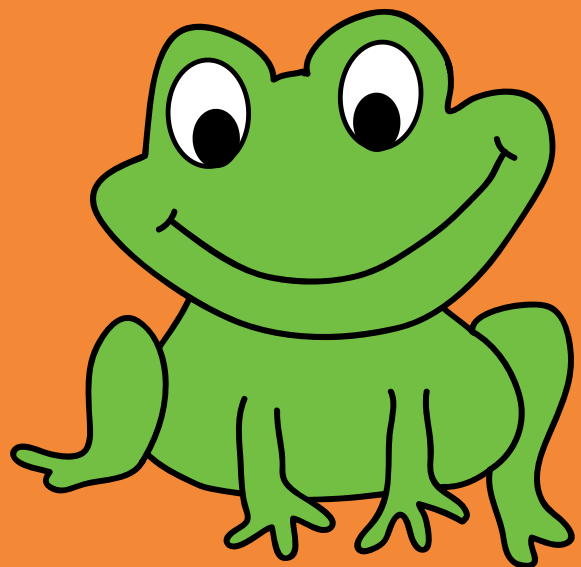




## **Cheetah Run**

Run in place, as FAST as you can like the fastest animal in the Sahara

## **Frog Walk**



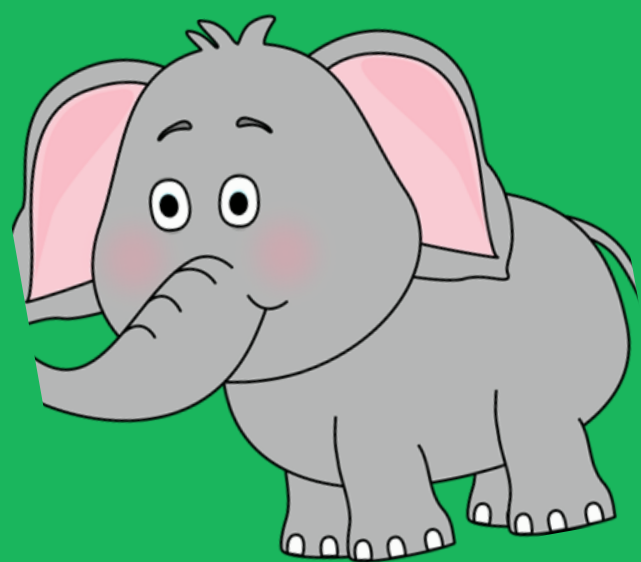
Hop, hop back and forth like a frog



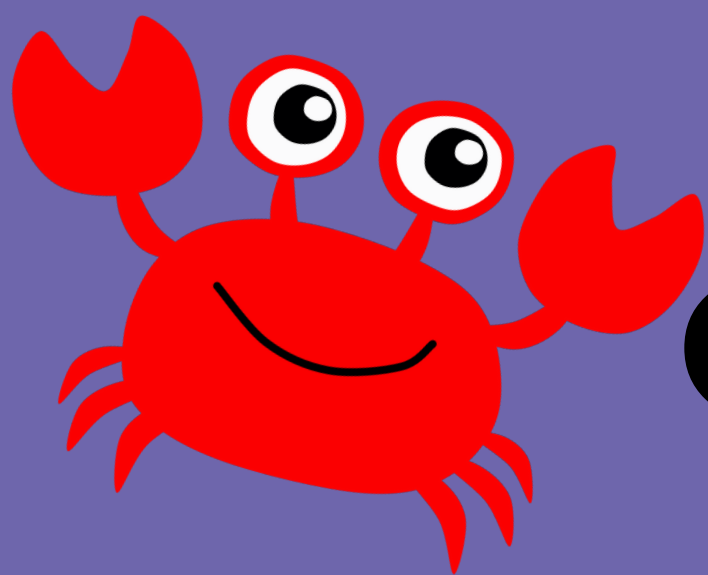
## **Starfish Jumps**

Jumping jacks as fast as you can with arms and legs out wide

## **Elephant Stomps**



March in place lifting your knees as high as you can, and add some big stomps onto the ground



## **Crab Crawl**

Sit and place your hands flat on the floor behind you near your hips, lift up and try to crawl

## **Bear Walk**



Hands & feet on the floor, hips up high. Walk left and right