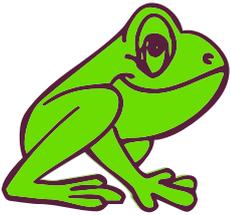


Animal Exercise

Count out loud and complete each exercise 20 times!



Put your hands on the floor behind you and walk like a crab



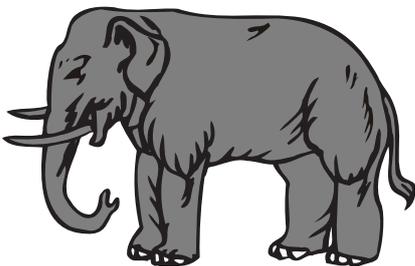
Squat down with your hands on the floor and then leap like a frog



Put your hands and feet on the floor with your hips high and crawl like a bear



Jump and bring your hands and feet apart like a starfish! (jumping jack)



Make BIG stomps like an elephant



RUN as fast as you can like a Cheetah (run in place)