

## Pose as Your Favourite Animals

**Outcome:** This activity helps children strengthen their large muscles, improve coordination, control their body movements, and maintain physical balance.

**Materials Needed:** None.

**Optional Extension Materials:** Flashcards or picture of animals.

### How:

- Get your children moving by suggesting they pose or move as some of their favourite animals.
- Start by asking them to name a few of their favourite animals and ask them to move or pose like them. If your child can't think of any, show them pictures or name some animals for them. For example:

#### Walk like a crab.

(Crawl with your hands and feet behind your back while lifting your hips.)

#### Jump like a starfish.

(Do jumping jacks.)

#### Walk like a bear.

(Crawl with hands and feet on the floor and hips up.)

#### Shuffle like a gorilla.

(In a squatting position, put your hands/fists on the floor. Use your arms to help you shuffle around.)

#### Stand like a flamingo.

(Stand with one foot off the floor and your hands together above your head.)

#### Jump like a frog.

(Squat low and jump up high.)