

• STRENGTH ACTIVITIES FOR KIDS •

# ANIMAL ADVENTURES



## FROG JUMPS

Reach down low, then HOP, HOP, HOP like a frog!



## BEAR WALK

Hands and feet on the floor and (with hips up high) walk like a bear



## ELEPHANT STOMP

Clasp hands like an elephant's trunk and stomp around with knees up high



## STARFISH JUMPS

Start with feet together and arms by side; jump feet apart and arms out to the side (jumping jacks)



## CHEETAH RUN

RUN, RUN, RUN as fast as you can!!



## CRAB WALK

Sit and place hands on the floor behind you. Lift hips and crawl