

• STRENGTH ACTIVITIES FOR KIDS •

ANIMAL VENTURES

- **FROG JUMPS**-Reach down low, then HOP, HOP, HOP like a frog!
- **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
- **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



