

Animal Exercise!

Warm Up

- **Giraffe**
 - Question: what letter does Giraffe start with?
 - Action: reach hands up in the air and pretend they are the neck of a giraffe
- **Elephant**
 - Question: what sound does “E” make?
 - Action: reach arms down low like it’s a trunk and rock back and forth
- **Cat-Cow**
 - Question: what letter does cat and cow start with?
 - Action: curl back up (cat) then curl back down (cow)
- **Donkey**
 - Question: what sound does “D” make?
 - Action: slowly kick right and left leg back
- **Monkey**
 - Question: what letter does monkey start with?
 - Action: reach right arm and right in the arm, then your left arm and left leg in the arm
 - Can add in high knees

Water Break!! Go get hydrated and get ready for the agility part of the workout!

Agility

- **Crab**
 - Question: what sound does “C” make?
 - Action: get on your hands and feet and walk around forwards and backwards

- **Bear**
 - Question: what letter does bear start with?
 - Action: crawl around with your hands and with your butt in the air
- **Frog**
 - Question: what sound does “F” make?
 - Action: get low to the floor then jump up and extend your hands in the air
- **Alligator**
 - Question: what letter does alligator start with?
 - Action: lunge with your right leg and chomp your arms, repeat on the left side
- **Cheetah**
 - Question: what sound does “C” make?
 - Action: run as fast as you can in circles or in place

