



## ANIMAL EXTRAVAGANZA

**Materials:** Have your child choose 10 different animals. You can have him/her draw these animals and create animal cards, or you can simply write each one on a sheet of paper and set inside a bowl/bucket.

**Directions:** Have your child pick an animal from the bowl. Your child can move like that animal and create animal noises for 30seconds-1 minute. Then have him/her choose a new animal.

**Examples of animals:**

Horse  
Cow  
Pig  
Bird  
Frog  
Cheetah  
Lion  
Bear  
Moose  
Crab  
Crocodile  
Snake  
Dog  
Cat  
Penguin  
Seal  
Rabbit  
Duck



**Creativity:** To make your activity more creative, have your child create their own animal, or use an imaginary animal of their choice.

**Challenge:** To add an additional challenge, after each animal, have your child complete 5-10 exercises, such as jumping jacks, crab kicks, shoulder slaps/push-ups, or squats.