

Animal stretches

Let's get animal crazy



1: I am an elephant

Step 1: Stand up straight.

Step 2: Stretch your arms above your head and reach for the sky

Step 3: Clap your hands together and keep them touching

Step 4: swing your arms above your head from left to right.



2: I am a seal

Step 1: Lie on your tummy.

Step 2: Lift the top part of your body up by straightening your arms.

Step 3: Lift your legs up and down by bending your knees.



3: I am a cheetah

Step 1: Bend on all fours

Step 2: Walk with your hands forward (keeping your feet still)

Step 3: Walk back with your hands (keep your feet still)



4: I am a duck

Step 1: sit on your bottom

Step 2: Lift your knees up and pretend to ride your bicycle

Note: You can place your hands on the floor to support your body.



5: I am a crab

Step 1: Stand up straight

Step 2: bend your knees

Step 3: make your feet face outwards

Step 4: hold your arms out

Step 5: walk like a crab from left to right

