



Try Out Your Animal Moves!

DIY Gym Class with the movements below, and check out our eResources [World Book Kids](#) or [Explora Primary](#) to see some of these animals in action or find other animal movements to try!



Frog Hop: Squat down like a frog and hop around!

Penguin Waddle: Place a ball or stuffed animal on your feet and waddle around like a penguin. Careful not to drop your “egg”!

Snake Slither: Lay down on your tummy and slither around.

One Legged Flamingo Hop: Stand on one leg and hop, then switch legs.

Donkey Kick: Get on all fours and then kick your legs out and up!

Bear Walk: Walk around on all fours like a big bear!

Duck Waddle: Squat down and put your hands in your armpits, don't forget to flap your wings!

Kangaroo Jump: Keep your legs together and bend your knees a bit and then jump as high as you can!

Elephant Walk: Stand, bend over and use your hands as a trunk, walk with your arms swinging as you walk.

Turtle Crawl: Start in a kneeling position, curl your back over and put your elbows and hands on the floor, now pull yourself forward in a slow motion.

Octopus Wiggles: Start by sitting on the floor, try and lift both legs off the floor and wiggle them and your arms at the same time.

Crab Walk: Lean backwards on all fours and walk around backwards.

