## STRENTH ACTIVITIES FOR KIDS •

## ANIMAL ADVENTURES



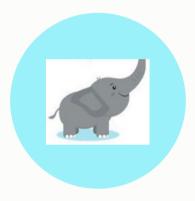
FROG JUMPS

Reach down low, then HOP, HOP, HOP like a frog!



BEAR WALK

Hands and feet on the floor and (with hips up high) walk like a bear



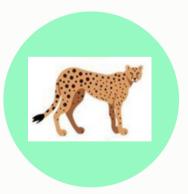
## **ELEPHANT STOMP**

Clasp hands like an elephant's trunk and stomp around with knees up high



## 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