

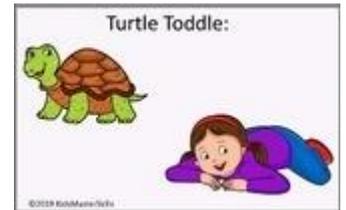
RAINFOREST ANIMAL WALK

Have you ever paid attention to how animals move? They don't move like people do. See if you can walk like the rainforest animals mentioned below.



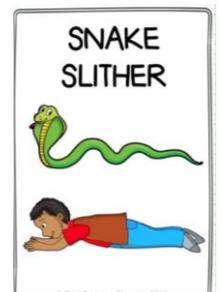
Bear Walk – Move around on their hands and feet with the front of their body facing the ground and their bottom up in the air. Engage in conversation as your child walks along. The spectacled bear can run up to 30 miles per hour. How fast can you run?

Turtle Toddle - Lie on the floor. Keeping your arms and legs bent, see if you can crawl like a turtle.



Crab Walk - Sit on the floor with your hands by their side and their fingers pointed towards their feet. Push up on their hands and feet so their body is like a table. Keep hips high to work on strengthening core muscles. Move forward and backward. For extra fun, throw in a couple of turns. Crabs can move up to 4.5 miles per hour. That's pretty fast for such a small animal. How fast can you move?

Snake Slither – Lie on stomach and move forward trying not to leave the floor as much as possible, like an army crawl. Use your arms to help pull your body weight.



Many, many years ago, the rainforests were filled with dinosaurs. Be sure not to move your arms. T-Rex's front legs were too small to assist in running. Some scientists believe that a T-Rex could run up to 45 miles per hour. It's illegal to drive that fast in residential neighborhoods.

Pretending to be animals is fun. What other animals can you imitate? How do they walk? How do they run? What do they sound like? Have fun!