

ANIMAL MOVEMENT GAME!

INSTRUCTIONS:

1. Cut out (with an adult's help!) the animal movement markers below and place them on the floor, inside or outside is fine!
2. Play music or sing and move around the markers. When the music stops, find a marker and do the pose for 10 breaths
3. When the music starts again, you must move like the animal you just posed as to the next marker.
4. Work through all of the markers – you might even want to make up some more animal poses!



YOU WILL NEED:

- The animal shape marker cards below
- Enough space to place the markers on the floor and move around them

MONKEY



TURTLE



GIRAFFE



FLAMINGO



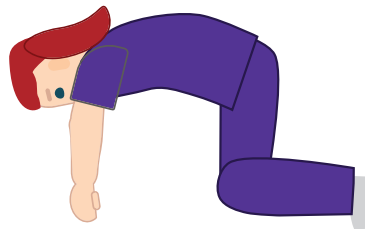
BUTTERFLY



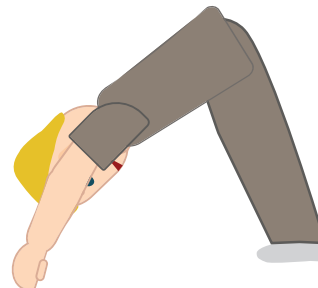
LION



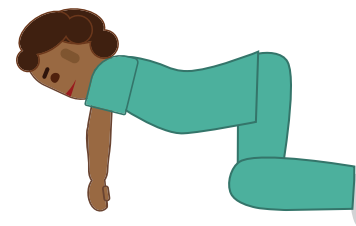
CAT



DOG



COW



SNAKE

