



Move like an Animal

The purpose of this activity is to stay active, but in a fun way! We know that staying active is not only good for your physical body but it also helps to improve memory, increase attention span and can help to improve your mood!

This activity helps fulfill the following badge requirements:

- Brownie – Dancer Step 1

Introduction

- In this activity we will get our blood flowing by moving our bodies just like animals! Read from the list below and do as many of the movements as you can. Feel free to add music to make it more fun!

1. Open your eyes wide and pivot your neck back and forth like an **owl**
2. Laugh like a **hyena**
3. Slither on the ground like a **snake**
4. Waddle like a **penguin**
5. Hop like a **kangaroo**
6. Move slowly like a **sloth**
7. Roll in the mud (invisible mud inside) like a **pig**
8. Crouch and crawl slowly like a **tiger**
9. Grip your toes on an object like a **monkey**
10. Squat down and walk like a **duck**
11. Ball up like a **hedgehog**
12. Play dead like an **opossum**
13. Run on your hands and feet like a **gorilla**
14. Lay on your belly and bark like a **seal**
15. Flap your wings and soar like an **eagle**
16. Blend into a color like a **chameleon** (find an object in the room the same color as your shirt and walk quickly to it)
17. Leap like a **frog**
18. Roar like a **lioness**
19. Swing your trunk and make a trumpet noise like an **elephant**
20. Choose your favorites from the list and do them again!
21. Think of your own animal movements and try them out!

When you are all finished ask yourself if you feel happier or more excited than when you began. Because staying active is good for your memory and helps to increase your attention span, try doing this activity in-between schoolwork breaks to see if it helps you focus more on your next lesson!