



♥ HEALTHY START FITNESS ♥  
ACTIVITY 8

## Animal Exercise

- Have the children feel their hearts.
- Ask the children to think of how they think each of the following animals might stretch:
  - Giraffe (focus on the neck)
  - Octopus (focus on the arms)
  - Bird or duck
  - Monkey
  - High stepping horse
  - Stork (focus on the toes)
  - Cat
- Have the children feel their hearts.
- Tell the children they are going to play Animal Freeze Dance. Just like the Freeze Dance that they did before, they will dance while the music is on and freeze when it stops. This time, however, you will call out an animal every time the music stops and during the next dance part; they have to move and stretch like that animal.
- A variation would be to play Ocean Motion (a movement game that involves moving/swimming like various sea animals) or Dinosaur Dance.
- Have the children feel their hearts after dancing or playing the movement games.
- Be sure to cool down afterwards.

*Healthy Weight in Preschool Children, CMU Public Broadcasting, 1-800-727-9268*

*Activity from Healthy Start, [www.healthy-start.com](http://www.healthy-start.com)*