

# MOVE LIKE THE ANIMALS



## EQUIPMENT >>>

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- ✓ Music (optional)

## SET UP >>>

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- ✓ Participants stand a safe distance apart from each other in the activity area.

## ACTIVITY >>>

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- ✓ At your signal, participants warm up by moving like a variety of animals around the activity area. Remind the participants to move in their own space. Ask participants a series of questions and ask them to demonstrate their answers.

- ✓ Questions can include "Who can..."
  - Move like a fish? A snake? An octopus? A spider?
  - Make up an animal that moves at a low level? What animal are you demonstrating?
  - Move like a cat? A dog? A pony? A crab? Can the animal you're demonstrating move forward, side-to-side?
- ✓ Participants can prompt the group to try a variety of animal moves by making additional suggestions.