

# Kids Animal Exercises

Suitable For All Ages

Try these fun and healthy  
Animal Exercises to help  
increase balance, build strength  
and increase flexibility!



*Designed By Teachers*

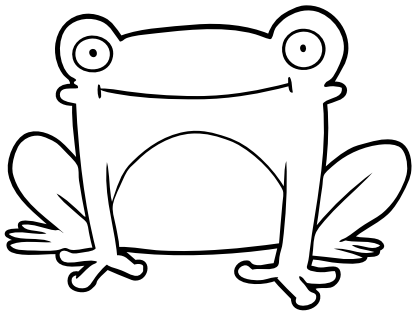


Teaching the World to Play *LEARN*

APPROVED  
FOR HOME  
SCHOOLING

For the protection of  
EARLY YEARS  
EDUCATION

SAFE LEARNING

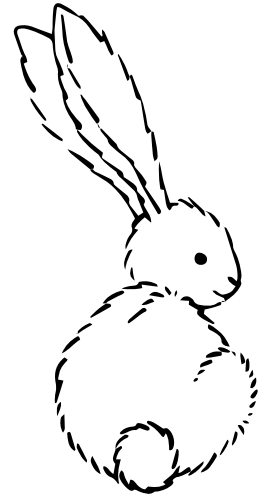


## Frog jump

From a low squatting position, jump forward. Return to your squat.

## Bunny sit

Come into a low squat and hang out, like a bunny sitting on the grass. Encourages mobility in the low back and hips.



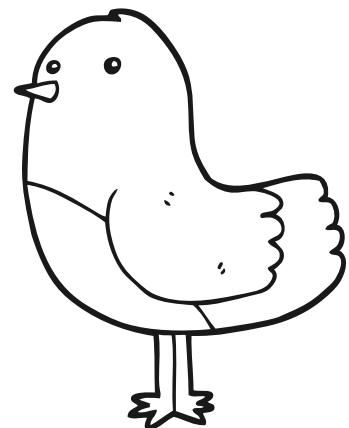
## Crab crawl

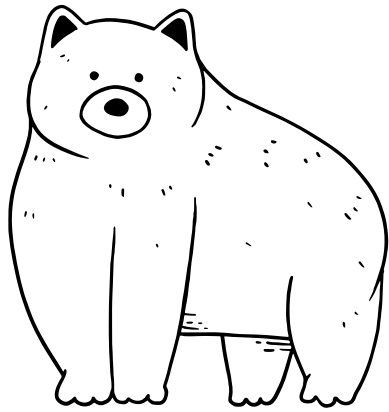


Turn yourself over and crawl on your hands and feet with your butt low. This builds shoulder mobility, as well as upper body and core strength.

## Pidgeon Lunge

Come into a kneeling lunge and let your front foot turn out, away from your body. Come low into the lunge, letting the thigh and hip rotate outward. Stretches hip flexors (on the back leg), and rotators (front leg).



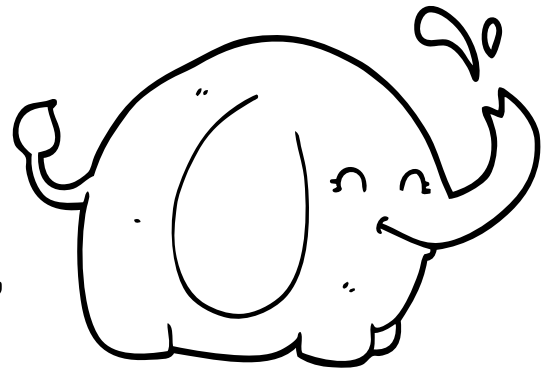


## Bear crawl

On all fours, crawl on your hands and feet with your butt high and abs engaged. This is great for building upper back and shoulder strength.

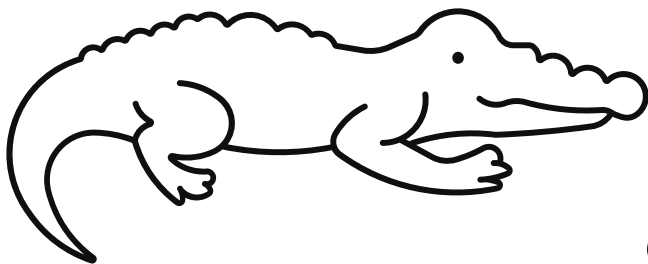
## Elephant dangle

Bend forward at the hips and let your trunk (arms) dangle beneath you. Stretches hamstrings, shoulders, and low back.



## Alligator drag

From a forearm plank, crawl one arm forward at a time to move your body across the ground. You can do this with hips lifted or low.



## Giraffe stretch

Reach your arms overhead and imagine they are the neck of a giraffe reaching up into the trees. Lean to one side and the other. Stretches the shoulders, the lats, and obliques.

