

'HOW TO'

Activities...

Animal workout:

- ✓ First find a large space inside or out in the garden.
- ✓ Let the children think of as many animals as they can.
- ✓ You could crawl like a bear, jump like a frog, stomp like an elephant, slither like a snake and tip-toe like a mouse.
- ✓ Our favourite is to crawl like a crab! Lay on your back and bend your knees, then sit up and push your tummy to the sky. Now try and walk.
- ✓ You could try all of these to music too!

