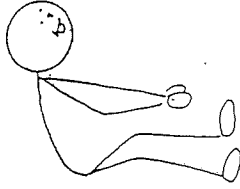


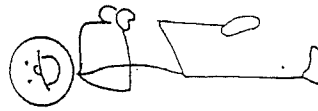
Horses Galloping

Gallop forward with hands held simulating grasp on reins. Change and lead off with opposite foot.



Elephant

Bending forward at the hips, allow the arms to hang limp. Big lumbering steps should sway you from side to side as you walk, imitating an elephant and his trunk.



Horses Prancing

Stand straight, with hands held simulating grasp on reins. Lift knee high with toes pointed. Just as the foot touches the ground again, lift the other knee vigorously. Repeat in a rhythmical motion with forward momentum.



Inchworm

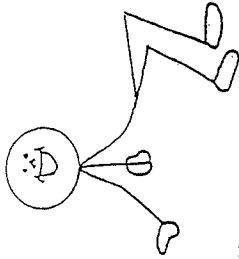
Support the body by hands and toes, keeping body in a straight line. With hands remaining stationary, walk the feet towards the hands, taking tiny steps. Keep the legs straight. Next, keeping the feet stationary, walk the hands forward in tiny steps until the first position is reached.

Seal



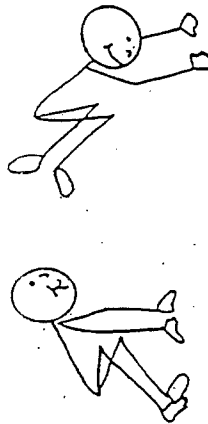
Assume a prone position on the floor. Push the body up with extended arms. Walk forward with the arms while the feet drag behind.

Crab



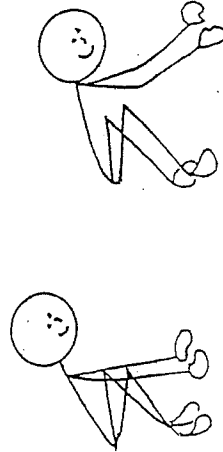
In a squatting position, reach backward with the arms and put both hands flat on the floor behind you. Raise up until the head, neck, and body are in a straight line. Walk or run in this inverted position.

Mule Kick



Drop to a squat position. Place the palms of the hands on the floor, between the knees. Bear weight on the hands and kick the feet backward vigorously. When the feet hit the ground, stand erect and take two steps forward. Repeat sequence.

Bunny



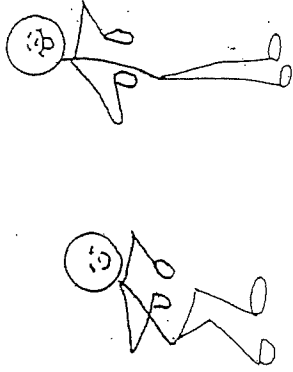
Squat low on heels and place hands palm down on floor. Move the hands forward, and bring the feet forward between the hands with a little jump.



Bear

Assume creeping posture, progress forward and backwards, moving arms and legs of same side simultaneously. Keep the head down.

Kangaroo



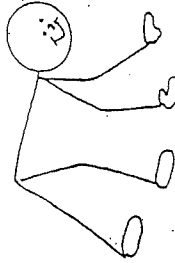
Stand with the feet together. Bend the elbows out from the body. Let the hands dangle limply. Bend the knees and jump forward.



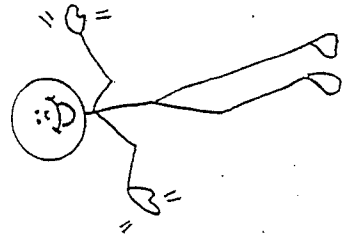
Duck

Do a knee bend. Place your hands around your ankles. Walk forward one foot at a time, but remain in the knee-bent position.

Monkey



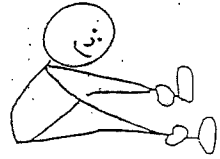
Run forward with both hands on the floor and the knees slightly bent.



Bird

Stand on tiptoes and wave the arms slowly up and down. As the "wings" move faster, run tippy-toe around as if you were flying. As the flapping slows down the bird comes slowly to a stop.

Rooster



Bending forward at the waist, grasp the ankles. Keep the knees as straight as you can. Walk forward.