

Animal Motion (Warm-Up)

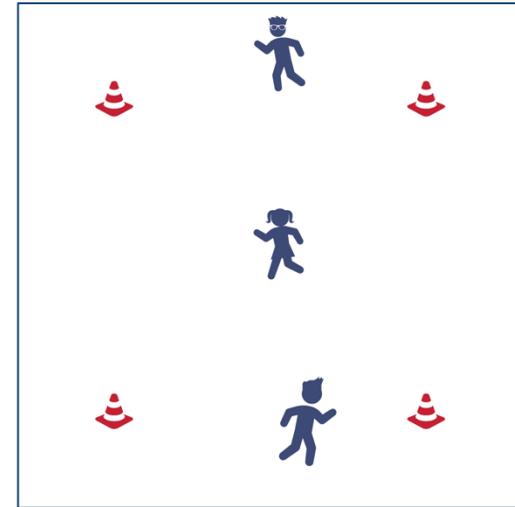
Stuff You Need: Nothing

Players: 2 or more players

The Object of the Game: Move slow or fast depending on the animal that the leader calls out.

How to Play:

1. Decide who will be the leader first.
2. The leader slowly calls out different animal names.
3. The runner moves slowly or quickly depending on the animal.
4. For example, if the leader calls out, "TURTLE!" the runner moves slowly.
5. If the leader calls out, "RABBIT!" the runner moves quickly.
6. More examples: snails, worms, cheetahs, horses.



OPEN[®] at HOME



Buzzy Bees

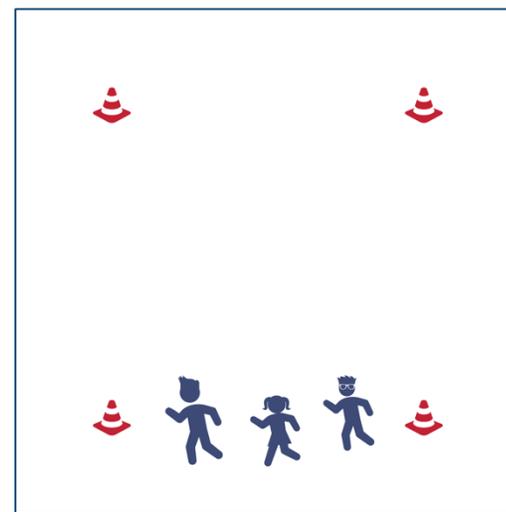
Stuff You Need: Nothing

Players: Any number of players.

The Object of the Game: Count down from 80 to 0 as the group runs the running loop.

How to Play:

1. Start running and slowly count down from 80 as the group runs. Everyone is a Buzzy Bee.
2. Every time you come across a number with 7 in it (77, 67, 27, 17...) everyone yells out, "BUZZ!"
3. Runners can count together all at once, or they can take turns and each say a number.



OPEN[®] at HOME



Animal Stretching (Cool-Down)

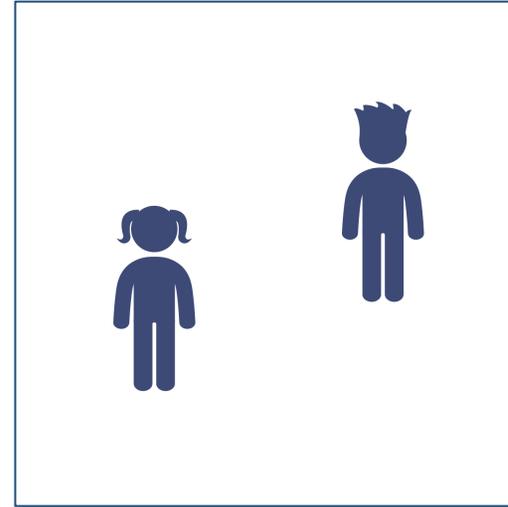
Stuff You Need: Nothing

Players: 2 or more players

The Object of the Game: Complete animal stretches.

How to Play:

1. Perform the following animal stretches:
2. Sit like a butterfly.
3. Crouch like a frog.
4. Waddle like a penguin.
5. Walk like an elephant.
6. Stretch like a giraffe.



OPEN[®] at HOME



Animal Acting (Warm-Up)

Stuff You Need: Music and a music player.

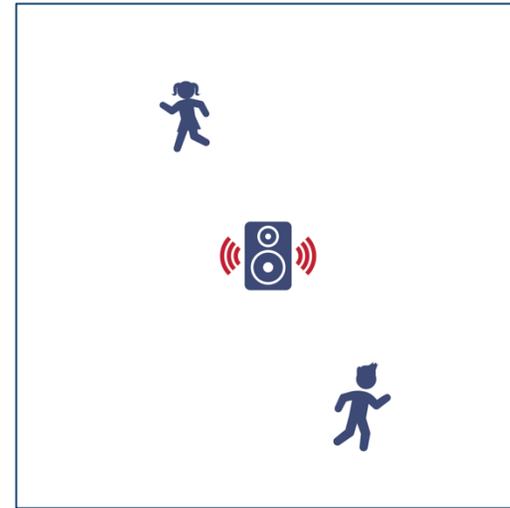
Players: 2 or more players.

The Object of the Game:

- Move like animals when the music plays. Freeze in an animal pose when the music stops.

How to Play:

1. Decide who will be the leader first.
2. The leader slowly calls out different animal names.
3. Everyone moves around the area like the animal would move.
4. When the music stops, freeze and balance in your animal pose.
5. How would an elephant move? How would a horse move? A butterfly? A grasshopper?



OPEN[®] at HOME



Animal Run

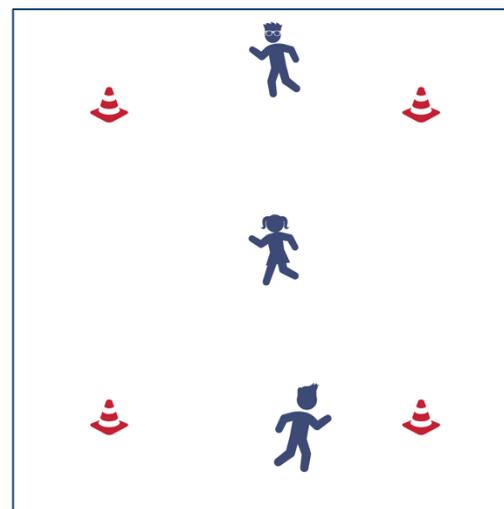
Stuff You Need: Nothing

Players: 2 or more players

The Object of the Game: Adjust your speed (pace) depending on the animal that the leader calls out.

How to Play:

1. Decide who will be the leader first.
2. The leader slowly calls out different animal names.
3. The runner will adjust a jogging/running pace depending on the speed of the animal.
4. For example, if the leader calls out, "SLUG!" the runner slows down the pace.
5. If the leader calls out, "DOG!" the runner speeds up the pace.



OPEN[®] at HOME



FULL BODY COOL DOWN

Stuff You Need: Nothing

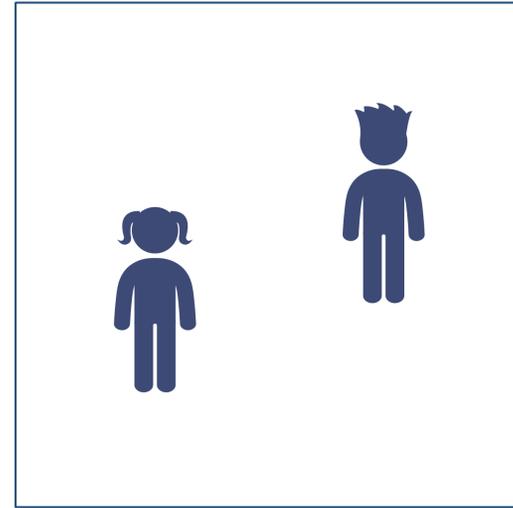
Players: Any number of players.

The Object of the Game:

- Cool your body down and complete stretches.

How to Play:

1. Calf Stretch. Take a large step forward with 1 leg. Bend front knee with back leg straight and back heel planted on the ground. (Switch legs)
2. Quad Stretch. Stand tall, bend 1 knee back and hold it in your hand so that you are standing on 1 leg. Gently pull the foot toward your glutes. (Switch legs)
3. Floor Hamstring Stretch. Sit on the floor with legs straight out in front. Slowly bend with arms reaching for toes.
4. Reach for the sky. Stand tall and reach hands high above your head. Balance and hold.



OPEN[®] at HOME

