

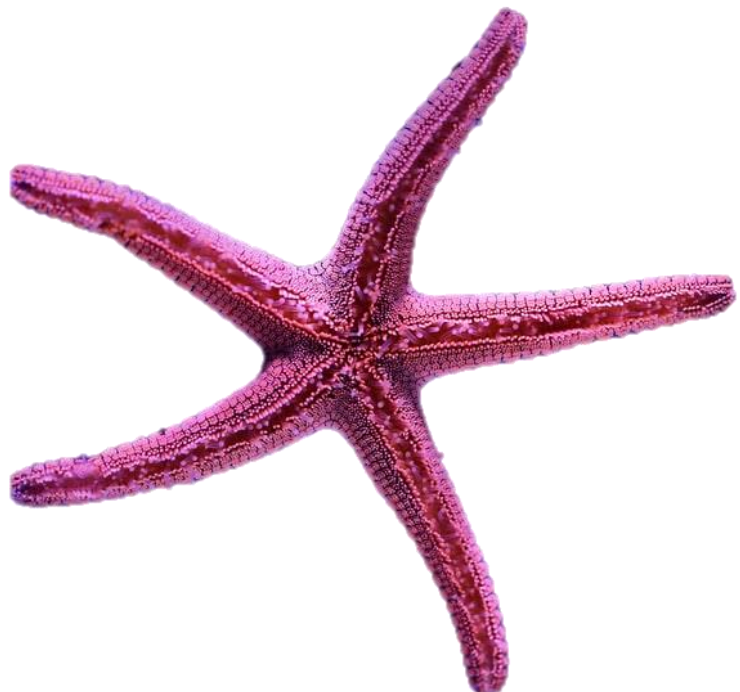
GORILLA



Get into a low squat, placing hands on the floor. Shuffle around the room.

STARFISH

Arms and legs spread wide as you jump!



ELEPHANT



March in place,
lifting your
knees as high
as you can.
Stomp the floor
as hard as you
can too!

CHEETAH



Run on
the spot
as fast as
you can!

CRAB

Sit down and place your palms
on the floor, near your
hips. Lift your
hips off the
floor and
crawl.



FROG



Hop
backwards
and forwards
like a frog.

BEAR

Hands and
feet on the
floor and hips
high; now walk
left and right.

