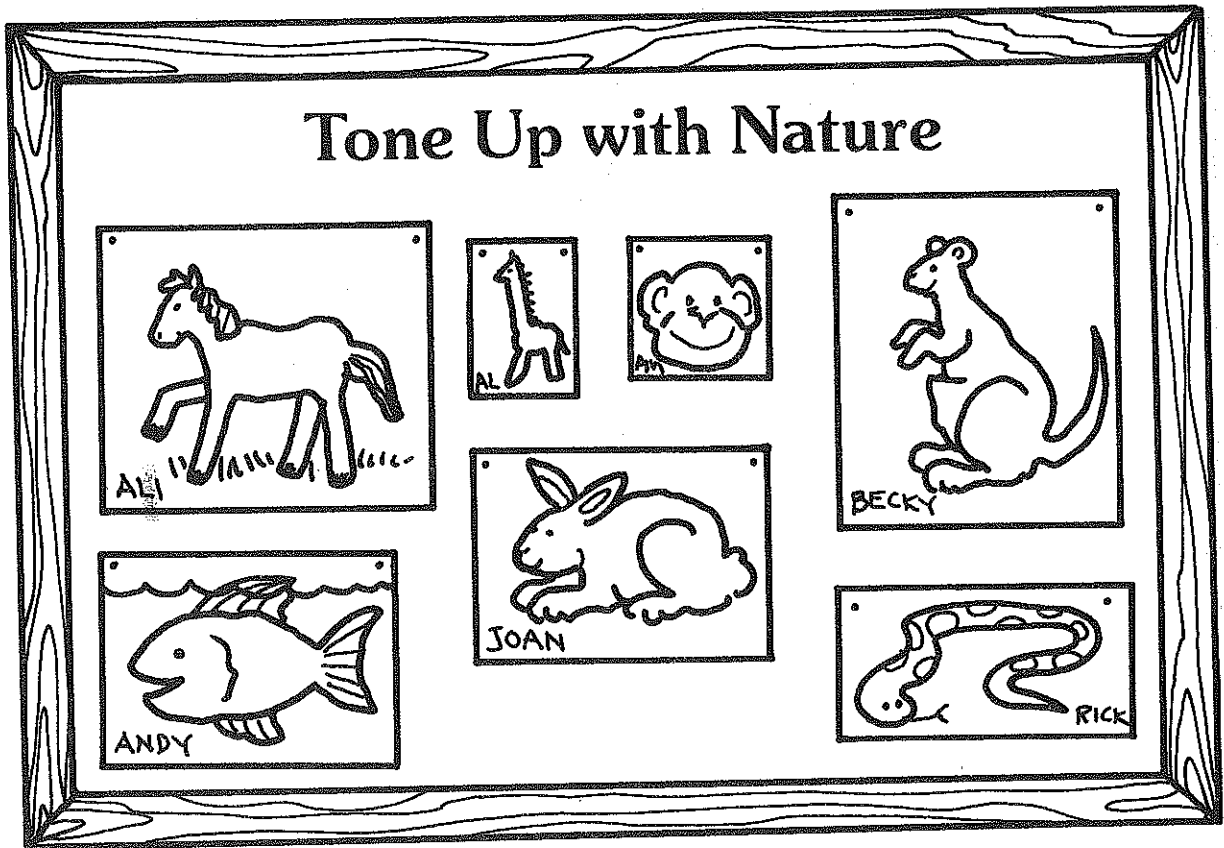
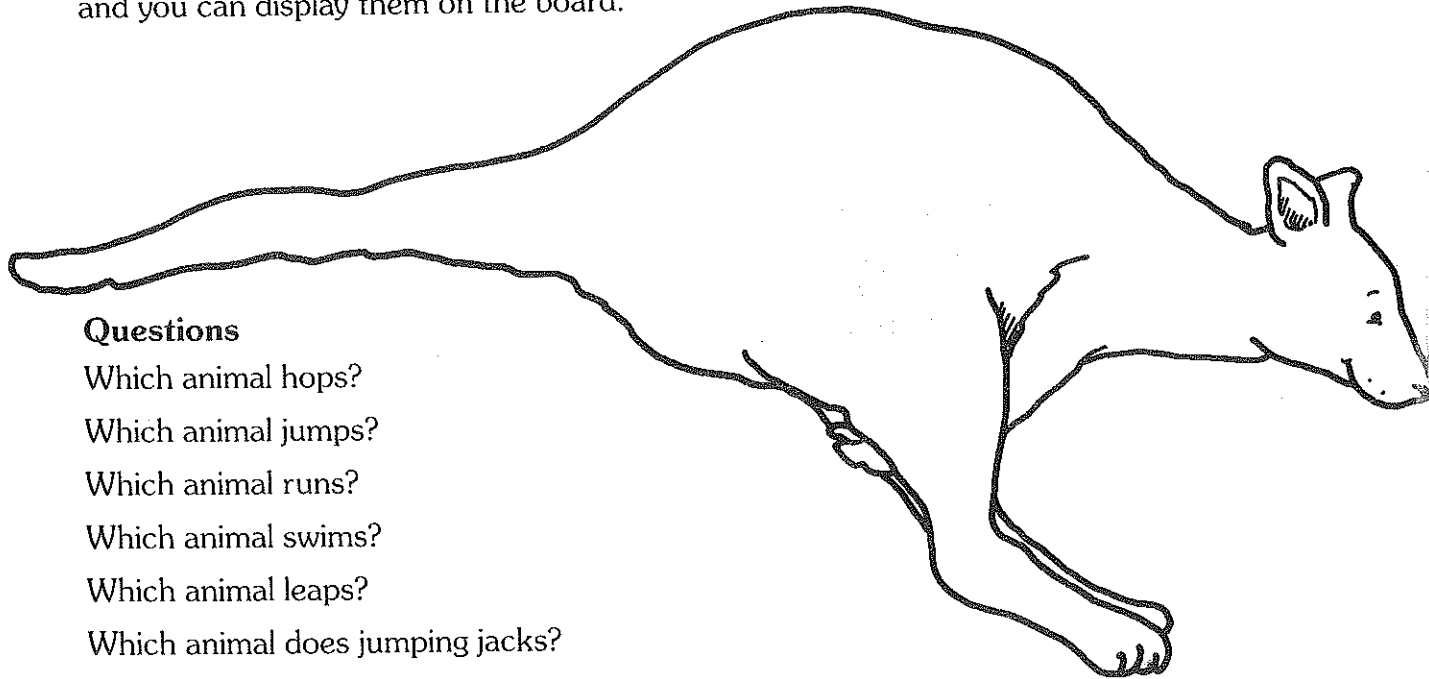


Tone Up with Nature



Inspire students to focus on physical fitness. Have a classroom discussion about how animals exercise. What do we do that they do, too? Students can illustrate their ideas, and you can display them on the board.



Questions

- Which animal hops?
- Which animal jumps?
- Which animal runs?
- Which animal swims?
- Which animal leaps?
- Which animal does jumping jacks?
- Which animal stretches his neck?
- Who hops on one foot?
- Who climbs trees?
- Who crawls on the ground?
- Who can do a somersault?