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## Big Cat Stretch

Stretch like the big cats do!



Start on your hands and knees and take deep breaths as you round your back like a scared cat. Press your hands into floor. Tuck your chin against the chest. Then, take deep breaths, lift your head and push your belly button down so your back curves to the floor as you look up. Repeat slowly 10 times.



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## Monarch Butterfly

Float like a butterfly!



Sit on the floor and bring in your feet so the bottoms are touching. Try to touch your knees to the floor. Keep your back stays as straight as possible. Place your hands on your knees. Hold for 30 seconds. Repeat.



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## Bear Crawl

Are you a polar bear or grizzly?



Walk on your hands and feet, keeping your bottom up in the air. Walk forward, moving the opposite arm and leg at the same time. Try it backwards next!



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## Duck Walk

Stand with your feet wide apart. Place your hands on your hips and squat down half way (or as low as you can go). Step forward and twist with your hips and legs, keeping in the squatted position. Move your arms like wings.



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## Seal Walk

On the floor, get into the push-up position, with your weight on your hands. Rotate your body back and forth and move forward using your shoulder. (Try not to bend your elbows!)



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## Frog Jump

Make a hop-a-long path at home.

Squat down like a frog, on your toes with your hands on the ground. Squatting as low as you can go, jump up and forward, landing in the crouched frog position.

