



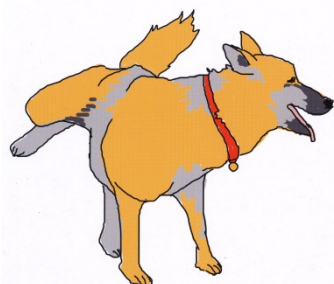
## *Animal Fun*

Animal Fun is a non-competitive movement program promoting physical activity and mental health relating to animal movements. It is an evidenced based program that is designed for teachers to implement in classrooms for all children. Some key movements of this program are easy to practice at home and are very good at providing proprioceptive input and working on core strength.

Here are some of the animal fun activities you can practice at home, along with dead ant and superman so that you can encourage them to keep building their strength.

You can find lots of information about the Animal Fun program on their website. [www.animalfun.com.au](http://www.animalfun.com.au)

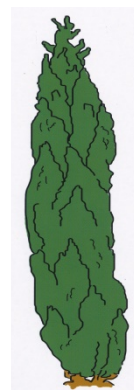
### Dog Weeing



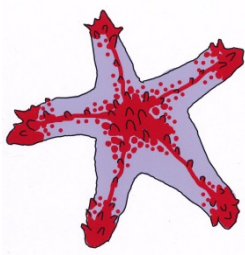
Children are on their hands and knees in a crawling position; tummy tucked in. Ask the children to move forward ( right arm, left leg) after awhile ask them to lift their left leg, like a dog weeing. Arms and other leg should be still. Crawl forward some more the ask them to lift their right leg.

### Pencil Pine

Children stand with feet slightly apart and their arms straight up in the air, hands touching. They should have a tall strong body. Ask the children to stand still and quiet. Then ask them to sway more when the storm blows. Ask them to close their eyes for night time, keeping their feet still. You can vary this activity by changing the foot position, the strength of the sway and having eyes open or closed.



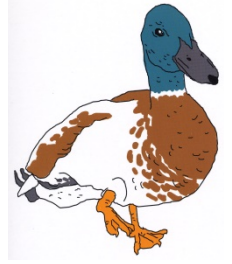
### Rocking Starfish



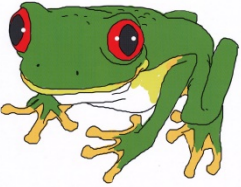
Children stand with arms out straight at shoulder height and legs spread apart- making a starfish shape. Ask the children to rock from side to side slowly so that one foot lifts off the floor at a time, while keeping arms and legs straight.

## Duck Waddle

Children are in a squat position with hands on hips. Children's bottoms should be quite close to the ground. Ask the children to walk keeping their bottom close to the ground and their hands on their hips. Their heels can lift off the ground as they waddle.



## Frog Jumps



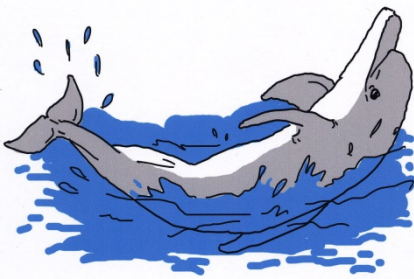
Children start in a squat position with feet on the floor and hands on the floor just in front of their feet. Children move hands forward; first then keeping hands on the floor take a small jump to land next to their hands.

## Bear walk

Children bend over with their hands and their feet on the floor with knees slightly bent (but not on the floor). Children lift the right arm and right leg and take a step forward, repeat with the left arm and leg. Bears walk using a same side arm/leg pattern with the arm moving slightly earlier than the leg. They also will rock from side to side at the trunk. This activity requires whole body strength as well as concentration.



## Dolphin Rolling



(We have sometimes called this one the "sausage roll") Children lie on their backs with their arms above their heads. They can imagine that their hands are forming the dolphin's nose. The children roll to the right three times using only their trunk to control the roll, not their arms or legs. If they get dizzy let them wait until it passes before trying again. Repeat by rolling to the left side.

## Crab Walking

Children sit with hands on the floor about hip level. They lift their bottom off the floor keeping their knees bent and feet flat on the floor. They should look like a table! Keeping their bottoms off the floor and staying firm, like a table, ask the children to walk sideways. This is a difficult task and most children will only be able to move about 5 steps each way before stopping.

