



Get Active Like an Animal With True North (Ages 4-7)

Warm Up: Shake Your Sillies Out

Equipment: A TV or computer with access to internet

Description: This is a great way to get your child up and moving while also encouraging them to be as silly as possible. Follow along with the [video](#).



Activity: Animal Fitness Stations

Equipment: None

Description: Designate 4 areas as different animal stations.

Station 1: Walk like a Crab - Place your palms and feet on the ground with your stomach raised, now walk around like a Crab

Station 2: Hop like a Bunny - Hop on two with your hands curled in front of you

Station 3: Waddle like a Penguin - Keep your heels close together with your toes pointing outwards

Station 4: Strut like a Lion - Get on all fours with your chest up, don't forget to ROAR!

Your child will spend 30 seconds at each station acting like that animal, once finished a station they will rotate to the next station. Go through the rotations as many times as you'd like, we encourage playing music during this activity



Cool Down: Crab Carries

Equipment: Non-Breakable household items

Description: Continuing on the animal theme have your child hold the crab pose (palms and feet on the floor with your stomach raised) and try to balance different household items on their stomach. To make this more challenging have them try to crab walk while balancing these items.

