

Armadillo

TG.



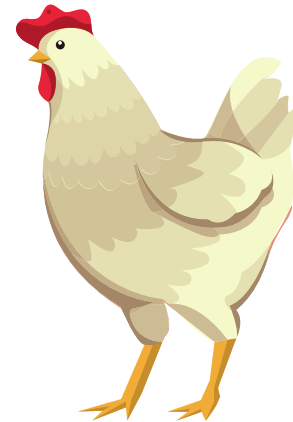
Flamingo

TG.



Squirrel

TG.



Chicken

TG.

Obstacle:

Beanbags placed 2-3 yards apart in a zigzag.

Ways to move like a flamingo:

Flamingos move in large groups called flocks. They march in one direction then switch abruptly. March towards one bean bag. Then, switch directions and walk towards the next one.

Extra challenge: Flamingos eat with their heads hanging upside down! Bend your head down and pretend to eat. Can you take some steps while hanging upside down?

Modifications for all mobility levels:

Drag a stick along open earth to draw zig zag lines or connect the “dots” between stones placed on the ground.

Obstacle:

Rope or twine laid out in a circle.

Ways to move like a chicken:

Chickens' eyes don't move in their heads, so they need to keep their head still to keep their sight focused on something. When they walk, their head appears to bob because it stays still while their body moves. Let's get our wings (arms) by our sides and try to bob our heads as we walk around the circle/spiral.

Extra challenge: Move like a chicken and go backwards.

Modifications for all mobility levels:

Do this while seated.

Obstacle:

A hill, incline or even just an open space.

Ways to move like a armadillo:

Armadillos have protective armor on their backs and roll into a ball to protect themselves from predators. Let's tuck in our arms, legs and heads and roll into a ball like an armadillo.

Extra challenge: Now that we are in a ball, let's roll our bodies!

Modifications for all mobility levels:

Cup your hands around a nature treasure. Or, bend over and shape your upper body like an armadillo.

Obstacle:

Buckets placed upside down in a row.

Ways to move like a squirrel:

Squirrels use their tails to balance as they climb and jump from branch to branch. Put your arms out to the side as you walk along the buckets. It's like having two tails!

Extra challenge: Try holding out just one arm as you balance. Can you walk with your arm behind you like a squirrel tail? Or, add a log or something tippy to the end!

Modifications for all mobility levels:

Sit on a log or the edge of your seat, put arms out and lean back and forth to balance.



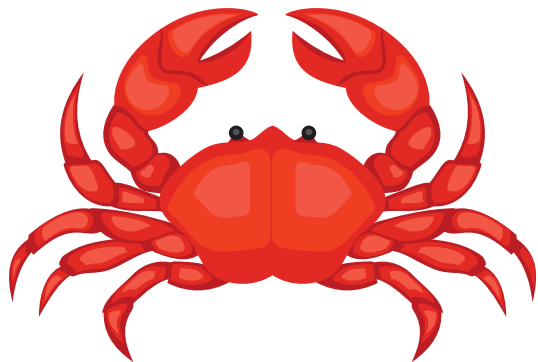
Frog

TG.



Bear

TG.



Crab

TG.



Salamander

TG.

Obstacle:

Any open space or a space under a tree that could become a pretend "Cave".

Ways to move like a bear:

Walk on all fours like a bear. Look in front of you as you walk. What does the outdoor classroom look like to a bear?

Extra challenge: Hang your head down as you walk, too. How does that feel?

Optional: Find a cool place to curl up and snooze, then wake up and keep going!

Modifications for all mobility levels:

Move your mouth and head as you roar! Pretend to sleep and wake up, moving and stretching as you go.

Obstacle:

2-3 bins or pots with water spread out with grass/earth between.

Ways to move like a salamander:

Salamanders are amphibious, which means they live in water and on land. Take a barefoot walk through our water + earth course. How does it feel to move between the two?

Extra challenge: Lay down on your belly and crawl forward using your arms and legs. How does the ground feel on your belly? Can you crawl backwards, too?

Modifications for all mobility levels:

Make a pot of water and patch of earth accessible for explorers to put hands in.

Obstacle:

Tarp laid out on the ground.

Ways to move like a frog:

Crouch down on the ground and do your biggest frog hop into the tarp pond. What sounds do you hear as you land? How high can you move your body?

Extra challenge: Can you jump side to side? Can you jump backwards?

Optional: Take off shoes to feel a leap on the ground and on the tarp and compare sensations.

Modifications for all mobility levels:

Sit on a part of the tarp that is not too busy with other frogs and let your hands "leap" and "land."

Obstacle:

An open space.

Ways to move like a crab:

Crabs usually walk sideways, but can also walk forward, backward and diagonally. Let's try to walk in each direction!

Extra challenge: Put your hands on the ground behind you and crab walk.

Modifications for all mobility levels:

Move hands from side to side with fingers tapping like crab legs. Make pincers of thumb and first fingers, too.