

**frog jump**

Squat like a frog and hop! Or turn it into a game of leapfrog if you have more than one child.

**seal slide**

Lay on your tummy, push your hands up until your arms are straight, and move across the floor while dragging your legs.

**penguin walk**

Keep your arms tight against the side of your body then gently waddle side to side as you walk. You can also walk a "penguin egg" on their feet. Place a small ball or stuffed animal on top of their feet and see if your kids can waddle without dropping their egg.

**snake slither**

Lay on your tummy and wiggle along the floor like a slithering snake.

**bear walk**

Walk on all fours like a bear, keeping your arms and legs fairly straight.

**crab walk**

Lean backwards on all fours and then walk around backwards and sideways.

**duck waddle**

Squat, tuck your hands into your armpits to make "duck wings," and flap your arms as you walk.

**donkey kicks**

Kick your legs out and up. For a fun challenge, stack some pillows or cardboard boxes and use your donkey kicks to knock them over.

**elephant walk**

Put your arms together in front of your body and swing your homemade trunk from side to side as you walk. Don't forget to stomp your feet like big elephants as you walk too!

**kangaroo jump**

Keep your legs together, bend the knees a bit, and jump around as high as you can. You could also hold a stuffed animal in front of you as if you have a kangaroo pouch of your own.

**one legged flamingo hops**

Stand on one leg, hop, and then land one-legged on the opposite leg.