

BEND

like an ocean wave



Put your hands upward and bend your body to the side.

FLY

like an bird



Flap your hands up and down like a flying bird.

LEAP

like a frog



Put your hands behind your feet and leap in a frog-like position.

WADDLE

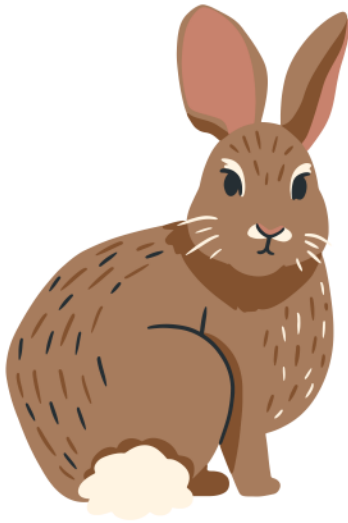
like a goose



Walk with short steps in a clumsy swaying motion.

HOP

like a bunny



Hop three times forward like a bunny.

CRAWL

like a beetle



Put your hands and knees on the floor and crawl slowly.

FOLD

like an umbrella



Bend your upper body forward and extend your arms to reach your feet.

WIGGLE

like an eel



Wiggle your whole body like an eel in the sea.

SMILE

like the sun



Show them your biggest smile to brighten their day like the sun.

BOUNCE

like a beach ball



Jump forward and backward like a bouncing beach ball.

MELT

like an ice cream



Hug yourself while slowly dropping to the ground like a melting ice cream.

GLIDE

like a surfer



Put your hand sideways and slide as you balance your whole body like a surfer.

WALK

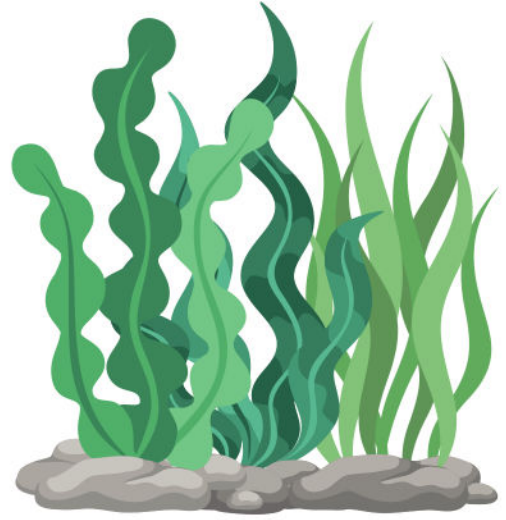
like a crab



Bend your knees and walk sideways like a crab.

SWAY

like a seaweed



Put your hands upward and sway them left and right.

SWIM

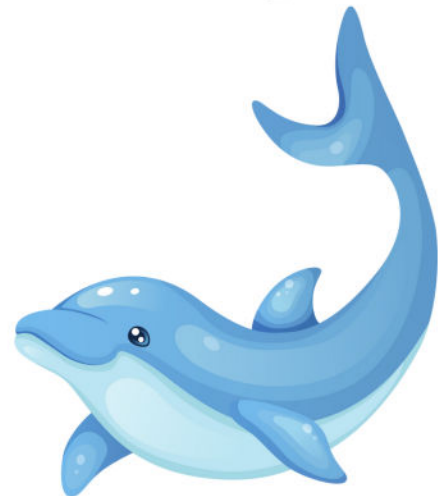
like a sea turtle



Move your hands forward in a circular motion like a swimming turtle.

WHISTLE

like a dolphin



Pout your lips and let air pass like a whistling dolphin.

JUMP

like a jellyfish



Jump up and down while wiggling your arms and legs like a jellyfish in the water.

FLUTTER

like a butterfly



Lie on your back with arms extended at your sides and legs straight. Move your legs & arms up and down like the wings of a butterfly.

STAND

like a palm tree



Stand tall with arms stretched overhead, swaying gently side to side like a palm tree in the breeze.

TOSS

like a player



Stand with feet shoulder-width apart and pretend to toss a beach ball overhead, engaging your core and arms.

BUZZ

like a bumblebee



Flutter your arms like wings and buzz around like a bumblebee.

SOAR

like a seagull



Pretend to flap your wings and fly like a seagull soaring over the ocean.

SQUAT

like building a sandcastle



Squat down low and then reach up high as if stacking sand to build a sandcastle.

SPIN

like a seashell



Spin around in a circle like a seashell rolling along the sand.

DIVE

like a flying fish



Bend at the waist and reach down towards the ground, then jump up high with arms outstretched like a flying fish leaping out of the water.

BALANCE

like a flamingo



Stand on one leg and lift the other leg behind you, bending forward slightly with arms extended to the sides like flamingo wings.

SWING

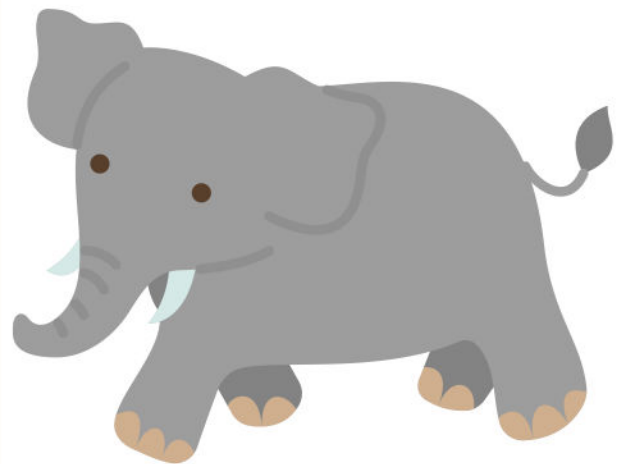
like a monkey



Hang from a sturdy bar or tree branch and swing back and forth like a monkey in the jungle.

STOMP

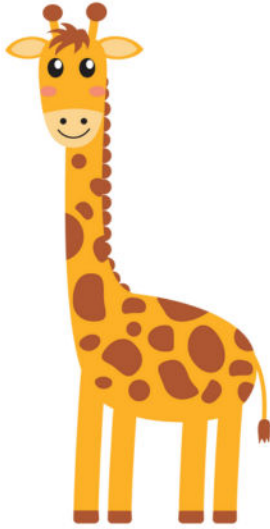
like an elephant



Stomp your feet heavily while pretending to be a big, lumbering elephant.

REACH

like a giraffe



Stand tall and stretch your neck up high, reaching your arms overhead like a giraffe reaching for leaves on a tree.

SPRINT

like a cheetah



Run as fast as you can in short bursts, pretending to be a cheetah.

SLITHER

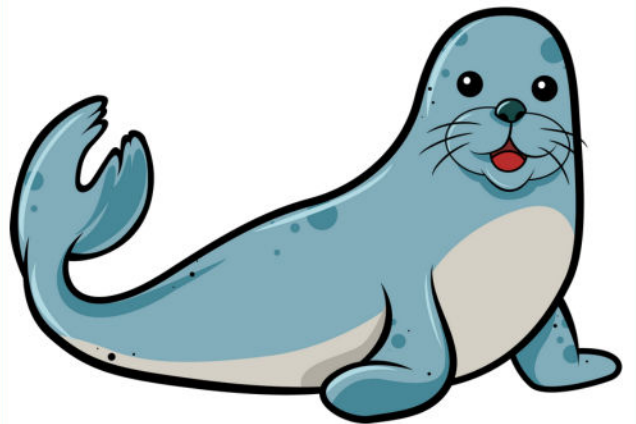
like a snake



Lie on your stomach and wiggle forward on the ground like a snake, using your arms to pull yourself along.

ROLL

like a seal



Lie on your back and roll from side to side like a playful seal on the beach, using your arms to help propel you.

GALLOP

like a horse



Skip or jog in place, lifting your knees high and kicking your heels back like a galloping horse.

CLIMB

like a koala



Pretend to climb up a tree by lifting your knees high and pulling down with your arms, like a koala climbing to reach leaves.

SWIRL

like an octopus



Stand with feet hip-width apart and extend your arms out to the sides. Twist your torso from side to side, swinging your arms like octopus tentacles.

BREACH

like a whale



Crouch down low and then jump up high with arms overhead, pretending to breach out of the water like a whale.

CLAP

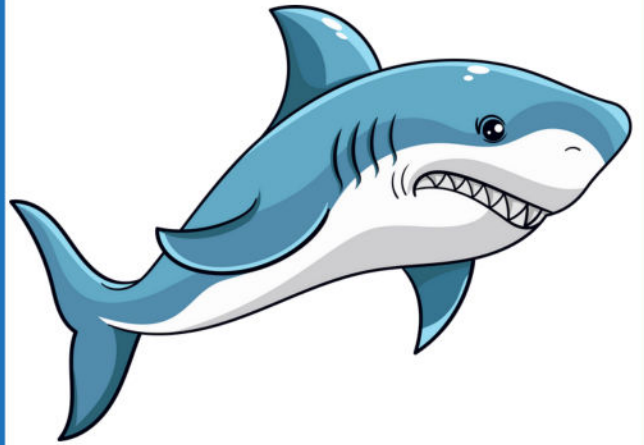
like a clamshell



Sit on the ground with knees bent and feet flat, then clap your feet and hands together like a clamshell opening and closing.

TWIST

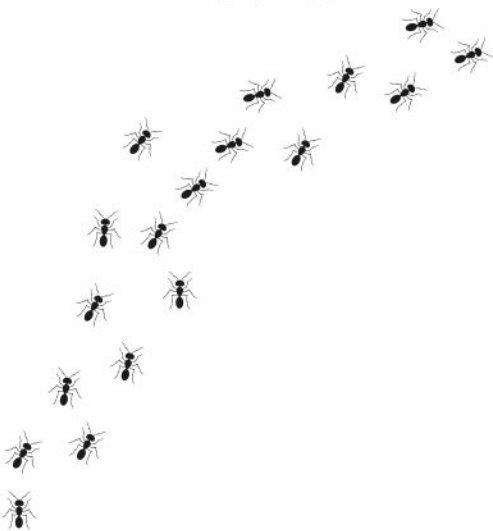
like a shark



Stand with feet shoulder-width apart and twist your torso from side to side, moving your arms in a swimming motion like a shark weaving through the water.

MARCH

like ants



March in place mimicking the marching ants.

BLOOM

like a flower



Place your closed fist in front of each other then open them together like blooming flowers.