

## Animals At The Zoo Story

Sam and his grandpa went to the zoo one day. They saw a brown bear 🐻 in the zoo walking across the playground. The next animal they saw was a penguin 🐧. The penguins walk very funny. Then, they saw the elephant 🐘 walking to get bananas to eat. The tallest animal they saw was the giraffe 🦒. He has such a long neck. The lion 🦁 was standing and looking around to find friends to play with. They also saw some snakes 🐍 slithering on the ground. Sam never saw a snake before. Right before they left, they noticed two hippopotamuses 🦘 swimming in the water. Sam and his grandpa had a great time at the zoo. Sam likes to copy all the animals that he saw. Can you do the same?

### What you will need:

- Story instruction and position descriptions printed out

### Directions:

1. Read the story
2. Find the position that corresponds with the animal's name mentioned in the story, use the position description to copy the animal's position.
3. Repeat as many times as desired.

**\*\*Disclaimer: Some of these positions may be difficult. Do not go to the point of pain. Go as far as you can and stop if it feels uncomfortable. \*\***

### Ways to increase difficulty:

- Cover the pictures with the name/picture of the zoo animals. Let your child figure out the position on their own.
- Let your child make the story and make the position when they mentioned the animal's name based on the position description.

### Ways to decrease difficulty:

- Model the position to your child if your child has difficulty copying the pictures.
- Cut the time for the posture holding to 3 seconds.

### Position descriptions:

- **Bear Walk**
  - Bend over so that your hands and feet are flat on the floor.
  - Walk forward by stepping with your right arm and left foot at the same time followed by stepping forward with your left arm and right foot.



- **Penguin Walk**

- Stand up straight and keep your arms tight against the sides of your body.
- Take small and quick steps forward to waddle like a penguin. You can also try walking on your heels.



- **Elephant Walk**

- Bend slightly forward and put your arms together in front of your body.
- Swing your arms from side to side like an elephant's trunk. Stomp your feet as you swing your arms.



- **Giraffe Pose**

- Stand upright and put both of your arms over your head so that your hands are

touching. Look up at your hands and hold this pose for 15 seconds.



- **Lion Pose**

- Get on your hands and knees while keeping your back straight and head up. Hold this position for 15 seconds.



- **Snake Pose**

- Lie on your stomach with your arms at your sides. Lift your head and shoulders off the ground and hold for 15 seconds.



- **Hippo Pose**

- Sit back on your heels and bring your forehead down toward the floor. Put your arms alongside your body and hold this position for 15 seconds.

