

Location	Rhythm	Nutrition	Equipment
In/Out	No	Yes	Whiteboard or poster paper, marker

## Get Ready:

- Have each student name a different animal and make a list of the animals on the white board.
- Write the list of animals on poster paper to move the game outside!

## Directions:

- When the game begins, you should start moving around the room.
- Then, I will name one of the animals listed on the board, and you must **move like that animal**.
- When I say “we need water,” everyone should **slow down** because our bodies (and animals’) need water for healthy movement.
- When I say “we found water,” everyone should pretend to drink and **begin moving faster**.

## Tips:

- Encourage students to be creative in their movements. Encourage creativity in animal selections too. How about a sloth?
- Use the opportunity to relate to other cultures. How about a koala (Australia), or a panda bear (China)?
- Let students know each animal can move in many different ways.

## Standard Connections

### Did You Know?

- **Water helps fuel our activities throughout the day.** The more **physically active** you are, the more water you should drink throughout the day to **stay hydrated!**

### Show and Tell!

- ✓ *Show me* how your favorite animal moves!
- ✓ *Tell me* how you **stay hydrated** throughout the day.

### Try This At Home

- Show your friend or family member your favorite animal move. Add some animal sounds!
- Have your friend/family member suggest an animal and join in!
- **Have a glass of water when you get home from school and another after dinner.** Encourage friends and family to drink water too!

