

# WINTER WARM-UP

Get warm in chilly weather with these winter animal athletes.

## GOOSE WADDLE

Squat and keep your back straight, holding your elbows away from you. Walk forward and backwards.



## ELK JUMPS

How high can you jump? How far can you leap?



## RABBIT DASH

Like a rabbit running for cover, run in a zig-zag from point to point.



## BEAR CRAWL

Get on all fours and walk like a bear! Keep your back straight.

