



LESSON PLAN B

ANIMAL ANTICS

Time Frame: One 30-minute session

Children will:

- Build strength and coordination while doing a range of movements
- Follow directions to copy movements

Materials:

Books (see book list below)

Overview:

Children have fun acting like our animal friends with creative movements that work their muscles and encourage creative expression. Books about animals and animal movements inspire students to get in on the action.

Part A. Animal Walks Activity

Start this session with a book like “From Head to Toe” by Eric Carle to get kids inspired to imitate some animal moves. Or jump right in to the following activity and follow up with a story or two.

- **Walk like a crab:** Can you walk backwards and sideways, on all fours? Sit on the floor with your hands by your sides, pointing toward your feet. Now lean backwards and push up on your hands and feet so your body is raised up like a table. Keep your hips high, your bottom off the ground, and your belly button pointed up toward the ceiling. Now try walking sideways, like a crab!
- **Hop like a frog:** Squat down to the ground. Put your hands on the ground between your knees. Using the “springs” in your feet, leap forward and land with your hands and feet on the ground. Do it again and again!
- **Move like a bear:** Stand up, bend over and put both hands down on the ground. Now, walk like a bear — moving your right arm and right leg at the same time, then the left leg and arm at the same time, then repeat.
- **Jump like a kangaroo:** Put your feet close together and squat down. Now jump as high as you can using only your feet (no hands allowed). Repeat two to three times.
- **Walk like a penguin:** Keep arms straight by your side, raise your toes and try walking on your heels. It’s easier said than done! Can you waddle like a penguin?
- **Crawl like a tiger:** Get down on your hands and knees. Now bend your arms and crawl on your arms and knees. Stay as low to the ground as you can, like a tiger sneaking through the jungle.
- **Hop like a flamingo:** Stand on one foot and see if you can hop once without falling over. Now try with the other leg. Go back and forth to build your balance.

- **See ya later, alligator:** Lay down on your stomach. Push yourself up with your hands and toes so you look like you're in a push-up position. Now move like an alligator, holding yourself up with your hands while moving ahead as quickly as possible.

Extension:

Let children come up with their own movements and creative interpretations. Call out commands like:

- Swim like a fish
- Gallop like a horse
- Dance like a chicken
- Waddle like a duck
- Stomp like an elephant
- Jiggly like a jellyfish
- Flutter like a butterfly
- Slither like a snake

Pair these activities with one of the books in the following "Animal Stories in Action."

Part B. Stories in Action

Read these books that encourage preschoolers to be physically active.

From Head to Toe Board Book by Eric Carle

https://www.amazon.com/Head-Toe-Board-Book/dp/0694013013/ref=asap_bc?ie=UTF8

A colorful and energetic board book that will have young readers clapping their hands, stomping their feet, and wiggling their toes. Giraffes can bend their necks, monkeys can wave their hands, and donkeys can kick their legs. And so can you! Throughout this interactive board book, the animals of *From Head to Toe* invite young readers to copy their antics as they play. (Grade Level: Pre-K)

ABC Yoga: Join us and the animals out in nature and learn some yoga! by Christiane Engel https://www.amazon.com/ABC-Me-animals-nature-learn/dp/1633221466/ref=asap_bc?ie=UTF8

Pairing simplified yoga poses with alphabetized animals and objects, *ABC Yoga* features colorful illustrations of children and animals practicing yoga along with playful rhymes to explain each movement. A fun family read, this interactive title is perfect for teaching toddlers their ABCs, as well as introducing them to familiar animals and basic, simplified yoga poses that promote health and well-being. (Grade Level: Pre-K)

Family Connection:

Suggested MyPlate Resources for Parents and Caregivers:

- [Physical Activity for Preschoolers](#)
- [Healthy Tips for Active Play](#)
- [10 Tips: Be an Active Family](#)

Standards Alignment:

NAEYC

2.E.04 Children have varied opportunities to (a) be read books in an engaging manner in group or individualized settings at least twice a day in full-day programs and once daily in half-day programs; (g) engage in conversations that help them understand the content of the book.

2.J.06 Children are provided many and varied open-ended opportunities to express themselves creatively through (b) drama.

2.C.04 Children have varied opportunities and are provided equipment to engage in large motor experiences that:

- stimulate a variety of skills.
- enhance sensory-motor integration.
- develop controlled movement (balance, strength, coordination).
- enable children with varying abilities to have large-motor experiences similar to those of their peers.
- range from familiar to new and challenging.
- help them learn physical games with rules and structure.