

NATURE ROCKS FAMILY GAME

ANIMAL OLYMPICS

Here are more ways to get active and healthy outdoors in Spring! The US Fish and Wildlife Service provides this fun game: Animal Olympics! Can you walk like a bear, leap like a frog? Do all five activities and go for the gold!



Stand on one leg! It is not uncommon to see a Great Blue Heron standing with one leg drawn up in a resting position, and balancing like a seasoned acrobat on the other leg. **Stand** like a Heron! See how long you can balance on one leg.



Can you walk the walk? Bears have 5 toes, each with curved claws. They walk in a shuffling, flat footed manner (a lot like humans!). **Start** by getting down on all fours (hands and knees). Then raise your knees while keeping your hands and feet on the ground. Next, raise your head and begin moving forward starting with your right hand and left foot following with the left hand and right foot. See how fast you can “walk like a bear” to a cone and back.



Are you a sideways walker? Crabs walk sideways because that’s the way their legs bend. This lets them squeeze into holes and crevices to keep safe. **Sit** on the ground with your legs bent at an angle in front of your body. Lean back and place your hands on the ground, shoulder length apart, fingers facing your feet. Lift your bottom up off of the ground at into a bridge like formation, and walk like a crab. Take a step with your right hand and left foot at the same time and then with your left hand and right foot. See how long it takes you to “crab walk” to a cone and back.



Sproinnnggg!!! Frogs make a tasty snack for many animals. Since frogs don’t have sharp teeth or claws to defend themselves, the best thing they can do to stay safe is to escape as quickly as possible with their fantastic ability to leap! **Pretend** you are a frog! To leap like a frog, squat down and put your hands flat on the ground between your feet (shoulder width apart). Then, push downward with your legs on your feet, reach forward with your hands, and leap up and forward. See how quickly you can hop like one to a cone and back.



Drop and give me 50!!! Lizards communicate by doing push ups. They might be saying hello, you’re in my space, or even I’m in good shape and will escape if you try to catch me! **See** how many push ups you can do in 1 minute. Be like a lizard!



GOING FOR THE GOLD!!!

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|----------------------|--------------|-------------|---|
| 1. Stand on one leg: | ___ complete | ___ seconds | <input type="checkbox"/> Semi-finalist |
| 2. Walk like a bear: | ___ complete | ___ seconds | <input type="checkbox"/> Finalist |
| 3. Crab walk: | ___ complete | ___ seconds | <input type="checkbox"/> Bronze Medal |
| 4. Frog leap: | ___ complete | ___ seconds | <input type="checkbox"/> Silver Medal |
| 5. Lizard push ups: | ___ complete | ___ total | <input type="checkbox"/> Gold Medal! |



Brought to you by REI, The Nature Conservancy, US Fish and Wildlife Service, American Heart Association Children & Nature Network, and ecoAmerica

NatureRocks.org

GO!