

## Aware Animals! (Part 1)

Invite someone in your family to do these fun animal activities with you!

Rabbit ears. Imagine you have small, alert rabbit ears. Perk up your ears. What do you hear?



Sleepy sloth. Find a soft spot to lay down, then close your eyes and breathe in and out. What do you notice around you?



Proud eagle. Stand like an eagle, strong and powerful. Breathe in and make your wings fly, then exhale and lower them.



Giraffe stretch. Stand tall like a giraffe with a long neck. How far can you see? Stretch your neck, arms, and legs. See how far you can reach!



Penguin freeze. Shiver, shiver, shiver and then freeze! Be as still as you can. How long can you stay frozen?



## Aware Animals! (Part 2)

Invite someone in your family to do these fun animal activities with you!

Goose feet. Waddle around like you are a goose with special goose feet. What do you feel underneath you?



Grateful panda. A panda is grateful for yummy bamboo. Find a comfy spot to sit and close your eyes. Think of all the things you are grateful for today.



Curious coyote. Pretend you are a quiet and curious coyote exploring the countryside. Walk around and see what you find. What did you discover?



Lion breath. Breathe in and fill your belly full like a big, strong lion. Breathe out and roar like a lion!



Llama love. Pretend you have a soft, fluffy coat of llama fleece, how does it feel?

