

# Zoo-mazing Adventures!

Let's dive into the fascinating world of animal adaptations. We will explore their movement, coverings, defenses, habitats, and senses.

## Animal Movement

Animals use movement to find food, water, shelter, safety, and sometimes just for fun! Our grizzly bears, Huck and Finley, love to jump up and down in the water. How do you like to move?

**Animal Yoga:** These get a little trickier as you go. Don't worry if you can't do them all. Just have fun and be safe!

**Butterfly:** Sit on your bottom with a tall spine, bend your legs, place the soles of your feet together, and gently flap your legs like the wings of a butterfly.



**Sea Lion:** Lay on your belly. Place the palms of your hands next to your shoulders. Then straighten your arms and expand your chest.



**Turtle:** Sit on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down alongside your body, and take a few slow deep breaths.



**Stingray:** Lie on your tummy, lift your chest and shoulders up, look up, reach behind you. You can even gently 'flap' your arms like a stingray gliding through the water.



**Lemur:** On all fours, look up, arch your back, and open your chest. You can even make a "heooow" sound to call like a ring-tailed lemur!



**Chameleon:** Stand on all fours, extend one leg out behind you and the opposite arm in front of you. Can you imagine sticking out your long chameleon tongue to catch a yummy bug?



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**Heron:** Stand on one leg, cross your ankle over your knee, and then bend your standing knee. Reach your arms in front of you. Herons use their wings to create a shady space around them. This shade attracts small fish as well as cutting the glare on the water – what a neat hunting technique!

