Walk Like the Animals

This is a fun activity to do with a group of friends at a park or beach. Have races where everybody runs like a certain animal.

What You'll Need: Group of friends

Decide on a starting and finishing line, and try the following animal races:

Crab race: Racers are on all fours (hands and feet), and must move sideways.

Chimp race: Racers hold their ankles with their hands or drag their knuckles on the ground

Frog race: Racers squat in frog position and hop.

Can you think of other animals to imitate in your races?