

ANIMAL CHALLENGE

MATERIAL/EQUIPMENT

- 1 giant dice or a deck of cards containing only the cards that represent numbers 1 (ace) to 6 (24 cards in all)
- Animal challenge sheet (ideally plasticized)

ACTIVITY DESCRIPTION

- Perform fun challenges using a dice or a deck of cards.

READY, SET, GO

1. Ask participants to form a large circle.
2. Place the animal challenge sheet in the centre of the circle. Invite one of the participants to roll the dice or draw a card. The group must perform the challenge corresponding to the number for a total of 15 seconds before the next participant rolls the dice again or picks a card. Here are the challenges:

Number 1: Leap like a frog

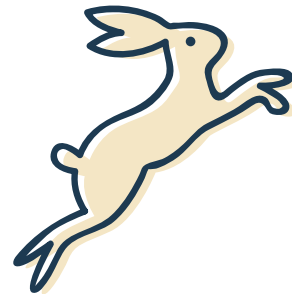
Number 2: Hop like a rabbit

Number 3: Crawl like a crab

Number 4: Stretch like a cat

Number 5: Fly like an eagle

Number 6: Stand like a flamingo

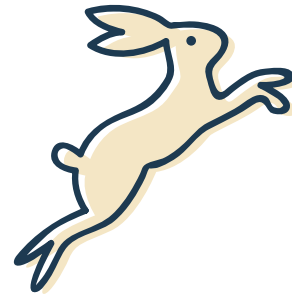


ANIMAL CHALLENGE

1. LEAP LIKE A FROG



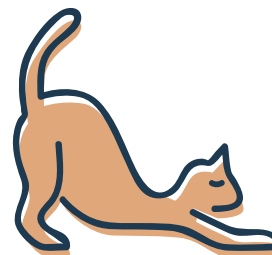
2. HOP LIKE A RABBIT



3. CRAWL LIKE A CRAB



4. STRETCH LIKE A CAT



5. FLY LIKE AN EAGLE



6. STAND LIKE A FLAMINGO

