

FIT TO BE A SPARK



Day Camp

Fit To Be a Spark

Welcome to **Fit To Be A Spark**, a program designed for a day camp. Share the fun of learning how to live a healthy lifestyle, learn new physical activities, and promote outdoor skills and learning at the same time.

Included in this camp package is a program outline, a wide variety of activities, games and crafts to choose from. There are menu and recipe suggestions, a campfire, games and activities, craft ideas, Guides Own and a kit list. Design the day camp to suit the season, the facility, whether it's held in a green space, campsite or building, and the number of girls. Choose the activities that work best for you and the girls and feel free to change or adapt the activities to suit your needs.

Please use the most current Safe guide forms, available from the website. Should you need help planning for the day camp, consult your camping and program advisers and local trainers.

Crests can be purchased from the provincial office. Contact the office for price and availability of crests.

GGC - Alberta Council
11055 107 Street
Edmonton AB T5H 2Z6
email: officeclerk@albertagirlguides.com
phone: 780-424-5510

Activities used come from the Active Living Toolbox, the Spark Program, Instant Meetings, great imagination, and talented Spark Guiders.

Thank you for choosing to use this Camp-In-a-Box!

AB Camping Committee
March 2014

May be printed/copied for use within Girl guides of Canada-Guides du Canada

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PROGRAM SCHEDULE

SATURDAY – 9:00 a.m. – 4:00 p.m.

8:30 - 9:00 am	Registration -Divide girls into equal groups -Make name tags -Assign leaders or Spark Helpers
9:15 am	Opening -Welcome girls -Camp rules
9:30 am	Outdoor Games
10:00 am	Snack
10:15 am	Circuit Training
12:00 pm	Lunch
1:00 pm	Circuit Training
2:45 pm	Snack
3:00 pm	Campfire
3:30 pm	Closing -Distribute crests -Group Photo
4:00 pm	Sparks depart
4:15 pm	Camp clean up

PROGRAM PLANNING CHECKLIST

TIME	ACTIVITY	RESPONSIBLE GUIDER	EQUIPMENT NEEDED
8:30-9:00	Registration		
9:15	Opening		
9:30	Outdoor Games		
10:00	Snack		
10:15	Circuit Training		
	*Leaf Crowns		
	*Magic Eyes		
	*Zumba		
	*"Crystal Says"		
	*Squiggle Walk		
12:00	Lunch		
1:00	Circuit Training		
	*Tents		
	*S'mores		
	*Camp Cooking		
	*Packing for Camp		
	*Nature Study		
2:45	Snack		
3:00	Campfire		
3:30	Closing/Photos		
4:00	Departure		
4:15	Camp Clean Up	Everyone	Garbage, pack up gear

PROGRAMMING NOTES

You may hold **Fit To Be a Spark** in any venue at any time of the year, with any number of Sparks and adults. The program elements are easy to adapt to a specific situation. Ideally, this event should be held outdoors. Fitness, both mental and physical is the focus, using camping and outdoor skills and activities to reach the goal.

Selections of activities have been provided relating to the following Keepers:



Being Healthy



Going Outside



Going Camping

Being Healthy Keeper Going Outside Keeper Going Camper Keeper

Photos

Photos of the girls in action are encouraged! Ensure all image release forms are in order and don't forget to take group photos. Send photos to the Provincial Camping Adviser camping@albertagirlguides.com

Name tags

Have prepared name tags for the girls in different images or colors to divide them equally into groups. Suggestions are:

Bouncing Butterflies
Zooming Honey Bees
Hip Hop Bunnies
Spinning Daisies
Rockin' Robins

Leaping Lady Bugs
Dancing Dragonflies
Jumping Acorns
Stretching Sunflowers
Jazzy Bluejays

Snacks & Lunch

You can supply snack foods as part of the program, discussing with the girls what healthy foods are. Lunch can be supplied also, or you can opt for the girls to bring in a bagged lunch.

Quiet Time

Give the girls (and you!) a chance to relax and rest after lunch.

CRAFT IDEAS

Leaf Crown

Cut a sheet of poster board into 1" or 1.5" strips. Size them around each girls head and secure with two way tape. Place strips of two way tape on the outside of the crown, and remove the protective paper revealing the stick. Now the girls are wearing a crown that needs to be decorated. Let the girls scour the area for leaves, twigs, and other interesting items and they can hold it to the tape and stick it to their crowns.

Magic Eye

Punch a circle out of white cardstock, approx. 1 ¾". Punch a small circle in the center. Use tacky glue to attach a popsicle stick to the back of the circle. Girls will hold the stick and look closely through the center hole to encourage getting close to nature. Details can be overlooked, but not when you use the Magic Eye! Cardstock circle can be colored or an eye stamp used and then colored. Variation: Hang activity cards from trees and bushes. When the girls spot the activity through the magic eye, they do what the activity suggests. (activity cards and magic eye template provided in appendix)

Watercolor Trees

Give each girl a 5"x 7" piece of watercolor paper. Girls will place a line of prepared watercolors, gouache or tempera paint along the middle of the page. Girls will blow through a soda straw to push the paint away to the sides, making an awesome branchy tree. Let the paint dry, then add leaves to the tree. Color can be added by gluing on prepared leaves (fun foam bits, punched paper leaves), colors with markers, or adding daubs of color using fingertips. Let dry and frame or use as a card front.

Camp Hat Crafts

S'mores: Make a s'more out of brown felt squares and a cotton ball glued in between.

Sit Upon: Fold some newspaper and seal in a tiny jewelry ziploc bag.

Skipping Rope: Attach pony beads to the ends of a short piece of round plastic lacing.

CIRCUIT GAMES AND ACTIVITIES

Circuit Game – Camp Skills

Prepare station areas for the girls to go through in small groups.

1. Tenting. Put up a tent, with a sleeping bag, pillow and stuffed animal inside. The girls will take turns opening the zipper, going inside the tent, climbing into the sleeping bag, zipping up and hugging the stuffed animal. Reverse the order and when the girl leaves the tent and pulls the zipper down, the next girl can go.
2. Mini S'mores. Set up a table with a small votive or tea light in a foil pan, wooden skewers, mini marshmallows, chocolate buds and teddy grahams. Girls will choose a marshmallow, put it on the end of a skewer and lightly roast it over the flame, then sandwich it between the teddy grahams adding a chocolate bud. Yum!
3. Outdoor cooking. Set up frying pans on a camp stove. Girls will be given small baggies with premixed bannock. Add a tsp. or two of water and seal the bags. The girls can squeeze to mix the batter. Make a patty and place the pancake in the fry pan and turn it with a flipper when it's ready. Girls can spread butter or jam on it or dunk it into small cups of syrup. Yum!
4. Packing for camp. The girls will form relay teams. Each team is given a backpack and a kit list (pictures work great). Girls take turns running, hopping, jumping, skipping to the opposite end and select an item to go in the backpack (pictures of clothing and items). Example – for a weekend camp you may need two t-shirts, a sweater, two pairs of pants, shoes, rain boots, etc. Only one item at a time can be brought back. The first team to pack their gear for the weekend wins. Real clothing items can be used and items not required for the camp can be distributed as well (ie. ipads, extra food, sandals).
5. Nature Study. Collect various nature items and create a sensory table. Cover the items up with a cloth. The girls are all blindfolded and they use the sense of touch to feel each item and try to guess what it is. Items to include could be different cones, different evergreen needles, feathers, pieces of bark, fungus, smooth rocks, interesting twigs and leaves. Girls can then remove their blindfolds to see what they have felt. Have a Nature Nut on hand to talk about the fascinating things they are likely to see in the outdoors. This activity can be adapted as a Kim's game.

I Like Sparks! (Fruit Basket)

Have the girls sit in a circle. Start with one girl and begin naming the girls as Bananas, Grapes, Apples, Oranges, Kiwi. There should be an equal number of each fruit. One girl is chosen to start as a Caller. Caller will shout out one of the names of the fruit. Eg. Bananas! All the bananas jump up and run to another spot that is now empty. The Caller will try to take one of those spots and the girl without a place now becomes the Caller. Occasionally, I Like Sparks! or Fruit Basket will be called and everyone gets up and tries to get another spot. Last one becomes the Caller and play resumes.

Animal Partners

Girls stand in a circle with their eyes closed. A Forest Ranger moves around the circle whispering the name of one of five animals in each girls ear. When the signal "Chatter" is given, the girls begin to move around the play area making the sound of the animal and keeping their eyes closed. When they hear a sound that is the same, they hold hands and continue. Suggested animals: mouse, moose, duck, owl, coyote.

Owl Family

There are three girls in each owl family. A baby owl holds a cup to represent her stomach; the parent owls use plastic forks (with some tines broken off) as claws. Colored loops (from Rainbow loom) are spread on the ground. On a signal, the parents go out to get food for the baby. The broken forks make it more difficult. A predator (an eagle) could also be introduced who knocks the food out of the claws as they are taking it to the baby. After a suitable interval, stop the game and see how much food the baby has. This could lead to a discussion of the environment and what can cause a decrease in food supplies for wildlife.

Animal Charades

Have an assortment of animal pictures available. Girls take turns picking a card and mime the animal's movement. The others try to guess what animal she is. (charade cards included in the appendix)

I Like to Move it, Move it!

Play some upbeat music. When the leader names a body part or holds up a picture, the girls move that part of their body in time to the music.

A Tree's Life

The girls stand anywhere in the space and use body movements to portray the seasons of a tree. For example, in spring, the buds come out and the tree wakes up after winter. Some trees have beautiful flowers that bloom in spring. In summer, the tree's branches are heavy with leaves that provide shade. The wind gently sways the branches. In autumn, the leaves begin to dry up and as the wind blows, they fall from the branches onto the ground. The snowflakes of winter fall quietly and collect on the branches of the tree. In the deep, dark cold of winter the tree sleeps, waiting for spring so that it can begin again.

Move to Music

The leader plays a rhythm instrument and the girls move to the tempo being played. When the beat stops the leader calls a number and the girls form groups of that size and make an interesting shape.

“Crystal Says” Be Active

This is a variation on the ‘Simon Says’ game. The Guider will make a statement that is either an active or an inactive pastime. The girls act out the active statements but freeze when inactive statements are read:

Crystal says walk the dog.	Crystal says ride your bike.
Crystal says drive to the store.	Crystal says walk to school.
Crystal says dance a jig.	Crystal says rake the leaves.
Crystal says watch television.	Crystal says go skating.
Crystal says go swimming.	Crystal says stay in bed.
Crystal says play baseball.	Crystal says read a book.
Crystal says sweep the floor.	Crystal says make the bed.
Crystal says lay in a sleeping bag.	Crystal says cook some pancakes.
Crystal says sing at a campfire.	Crystal says pack a backpack.

Squiggle Walk

Have the girls create a huge design on the ground using skipping ropes and hula hoops. Then have the girls walk along the ropes of their design. Be careful not to fall off except in the hoops.

Paint Relay

Make a 'canvas' with a large piece of newsprint. In turn, the girls run up to the canvas, are blindfolded and given a 'loaded' paintbrush and instructed to make three strokes on the canvas. Have brushes ready in a variety of sizes (up to two inches) and loaded with various colours.

Obstacle Course

Plan out a route where the girls have to jump over, climb over, sneak under, and crawl around items to reach the goal. Variation: Using a long length of cord, such as clothesline, lay a string course that wraps around trees, passes through natural landmarks, and weaves through the bush. A carabiner is attached to a string is tied to the wait and allowed to hang down for ease of movement. The carabiner clips onto the beginning of the course string and the girls follow along, sliding the carabiner along the string.

A Healthy Day Story

Sparks act out the story as you read it.

Crystal was sleeping. It was morning. She woke up and yawned and stretched. After going to the bathroom, she washed her hands. She turned on the water and got her hands good and wet, then she lathered them with soap and scrubbed her hands. Next she rinsed all the soap off and dried her hands with a towel.

Crystal's mother was in the kitchen making breakfast. Crystal had an egg and a piece of toast, a glass of orange juice and a banana.

After breakfast Crystal brushed her teeth. She put a pea-sized dab of toothpaste on her brush, wet it with water and brushed her teeth. She brushed her front teeth and her side teeth and her back teeth. She even brushed the inside of all her teeth. Crystal rinsed her toothbrush off and put it away.

Then she washed her face. She made the water nicely warm and wet her face. She put a bit of soap on her hands and rubbed them together to make lots of lather, then she scrubbed her face all over. With a wet face cloth, she wiped the soap off. She washed her hands, too, then she dried her face and her hands.

Next, Crystal combed her hair, making sure to get all the tangles out. She put a pretty barrette in her hair to hold back her bangs, so she could see properly. Now Crystal was ready to get dressed and go off to school.

Foxes and Rabbits

Choose a few players to be foxes. They stand in the middle of the playing area. All of the other players gather at one end of the playing area, behind a designated "safe" area, marked by a rope. These are the rabbits in their hole. The markers (plastic bottle caps) are spread randomly around the playing area. These are the "carrots". At the leader's signal, all of the rabbits must run out, grab a carrot, and return to the rabbit hole without being caught by the Foxes. If a rabbit is tagged by a fox, or fails to find food, she becomes a fox. Continue until all the rabbits have become foxes. Variation: Use sit-upons or hula hoops to create small "rabbit holes" scattered around the playing area. One rabbit at a time can use a hole for temporary safety, but she must still gather a carrot and make it back to the main hole before she is considered "safe" for the round.

Parachute Games

Popcorn: place a number of beanbags on the chute. Shake the chute to make them rise like popcorn.

Snakes: place a few skipping ropes on the chute. Shake the chute and try to shake them off.

Pea-Pod: Hold the chute high above the heads. Hold on to the chute and come together in two lines facing each other. See how far the group can run with the pod before it deflates on top of them.

HEALTHY EATING & RECIPES

Snack Relay

Girls move from one station to the next creating fun and healthy snacks. Serve fruit juice or water at the last station. Check for food allergies ahead of time.

Ants on a Log

You will need celery sticks, Cheese Whiz and raisins. Girls spread the Cheese Whiz along the celery, and then press "ants" into the spread.

Pear Mice

You will need canned pears, licorice strings for the tails, and anything else for the eyes and ears. Toothpicks may be required.

Trail Mix

Have a selection of nuts, grains and berries. The girls can use a small spoon to select their favorites and place in a small snack sized baggie.

Fruit Butterfly

Use a snack sized Ziploc and fill loosely with grapes. Seal the bag and pinch the bag in the middle moving the grapes to either side. Tie in the middle with a piece of pipe cleaner, bending the ends to look like antennae. The grapes on either side become the wings of the butterfly. Variations: Use different types of fruit pieces or small crackers

Edible Campfire

Fire site - lettuce leaf on a plate

Fire circle logs - carrots, celery, breadsticks

Fire bucket - cup of salad dressing

Rake - fork

Tinder - shredded lettuce, carrot shavings, Chow Mein noodles

Kindling - thin slices of green pepper, cucumber sticks

Fuel - carrot or celery sticks

Match - thin pretzel stick

Flames - chopped tomatoes, red pepper, bacon bits

Salad in a bag

Avoid using dishes by putting salad fixin's in a Ziploc, add dressing and the girls can eat it out of the bag.

Bunwiches

Provide buns, lean meats, cheese for the girls to make their own bunwich to eat with the edible campfire.

Kebabs

You can prepare kebabs or have the pieces pre-cut and the girls can make their own. Chunks of meat, cheeses and breads, or fruits and veggies.

Banana Bobs

Cut a banana into chunks and place on a skewer. Drizzle honey on them and roll in nuts.

Fruit Sushi

Prepare chunks of fruit such as bananas, pineapple, kiwi, melon or strawberries. Spread on peanut butter or nutella on the edges and arrange sushi style.

Pudding Shots

Prepare instant pudding in a bowl and pour out individual quantities into small disposable cups or ziplocs. Snip the corner of the baggie and the girls can sip the pudding, eliminating the need for cutlery.

Apple Sandwich

Slice rounds of apples and dip them in lemony water or mountain dew to prevent them turning brown in color. Mix granola with peanut butter and sandwich between two slices of apple.

CAMPFIRE SONGS

Sparks Jump Up

Sparks jump up when you light the fire.
Sparks jump up and give a big cheer.
Sparks jump up as the flames get higher.
The Sparks! The Sparks! The Sparks are here!

If You Should Meet an Elephant

If you should meet an elephant
on a summer's day
What would you do?
What would you say?

I'd say, "Good morning, Elephant,
How do you do?
I'm glad to meet you, Elephant,
I'd like to dance with you."

A double circle is formed with partners facing each other. The inner circle sings the first verse, wagging their "trunks" (hands clasped, arms extended) in time to the music. The outer circle replies, bowing on "Good Morning", shaking hands with the "trunk" on "How do you do?" then joining right hands, the partners skip around each other, everyone singing for the last line. Switch the circles and sing it again!

Head, Shoulders, Knees and Toes

Head, shoulders, knees and toes, knees and toes.
Head, shoulders, knees and toes, knees and toes.
And eyes, and ears, and mouth, and nose.
Head, shoulders, knees and toes, knees and toes.

Place both hands on parts of body as they are mentioned. On second time speed up, and get faster with each verse.

Auntie Monica

Oh I have an auntie, an Auntie Monica
And when she goes shopping they all say "Ooh-la la!"
Because her feathers swinging, her feather's swinging so
Because her feathers swinging, her feather's swinging so

Oh I have an auntie, an Auntie Monica
And when she goes shopping they all say "Ooh-la la!"
Because her hat is swinging, her hat is swinging so,
Because her hat is swinging, her hat is swinging so,
Because her feathers swinging, her feather's swinging so
Because her feathers swinging, her feather's swinging so

Other Verses:

Because her muff is swinging, her muff is swinging so...
Because her skirts are swinging, her skirts are swinging so...
Because my aunt is swinging, my aunt is swinging so...

Actions:

feather swinging: wave hand back and forth above head
hat swinging: using both hands, swing an invisible wide-brimmed hat
muff swinging: hands together in front of you, swing arms
skirts swinging: sway invisible skirts around your legs
aunt swinging: swing your whole body!

The Snail

The Song:

Snail, snail, come out and be fed
First your feelers, then your head
Then your Mama and your Papa
Will feed you fried chicken!

The Game: Everyone starts in a circle, holding hands. As you sing the song, turn it into a spiral (like a snail's shell) as you skip around. When you're all coiled up, reverse direction and unwind the snail!

Girl Guide, Girl Guide, dressed in blue,

These are the motions you must do:

Stand at attention; stand at ease
Bend your elbows; bend your knees.
Salute to the captain, bow to the queen;
Turn your back on the little submarine.
I can do the heel-toe; I can do the splits,
I can do the wiggle-waggle just like this!

My Aunt Grete

My Aunt Grete, veeda veeda vete, has a puss, veeda veeda vuss,
And that puss, veeda veeda vuss, has a tail . . .
And that tail, veeda veeda vail, has a curl veeda veeda vurl,
And that curl veeda veeda vurl has a tip, comma . . .
And that tip, veeda veeda vip, has a curl, veeda veeda vurl
And that curl, veeda veeda vurl, has a tail . . .
And that tail, veeda veeda vail, has a puss veeda veeda vuss,
And that puss, veeda veeda vuss has my aunt!

Actions:

Aunt Grete: outline a large woman
Puss: outline a cat's face with whiskers
Tail: sweep one arm up, as if tracing a tail
Curl: draw a curl in the air
Tip: point to an invisible spot
Comma: draw a comma in the air

Chinese Fan

My ship sailed from China with a cargo of tea,
All laden with treasures for you and for me!
They brought me a fan, just imagine my bliss,
When I found myself going like this, like this....

Actions: at the end of the verse, begin waving one hand back and forth as if with an invisible fan. Repeat the song a number of times, until you are waving both hands, both legs, and your head. Repeat one more time, ending with everyone laying in exhaustion on the floor!

The More We Get Together

The more we get together, together, together
The more we get together, the happier we'll be.
For your friends, are my friends,
And my friends, are your friends,
The more we get together, the happier we'll be.

If You're Happy and You Know It

If you're happy and you know it, clap your hands!
If you're happy and you know it, clap your hands!
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, clap your hands!

Snap your fingers
Slap your thighs
Stomp your feet
Do all five!

Closing:

Twinkle twinkle little Spark, time to go it's getting dark.
Off we go, home to bed, time to rest our sleepy head.
Twinkle twinkle little Spark, time to go it's getting dark.

GUIDES OWN/REFLECTIONS

A Guides' Own is a ceremony that is used to encourage personal reflection. It can be a time to give thanks. A Guides' Own is special if it is held in a quiet location away from the busy camp areas.

Opening

Welcome everyone to the gathering. Talk about the day and how great it was.

This Little Guiding Light of Mine

This little Guiding light of mine,
I'm gonna let it shine.
This little Guiding light of mine,
I'm gonna let it shine.
This little Guiding light of mine,
I'm gonna let it shine.
Let it shine, all the time, let it shine.

Hide it under a bush, oh no!
Take my little light 'round the block
Don't you ffff! my little light out.

Gone Home

Encourage each girl and guider to take turns saying one thing they really liked about the camp. Each girl can place a rock in a circle formation while saying what they liked the best about the day. After all the rocks are in a circle, it forms the trail sign "gone home." Proceed with the closing.

Sparks Closing Song

I promise to share and be a friend.
By showing we care it's love we send.
Tho' the world is so wide,
with love deep inside,
it's easy to be a friend, a friend!

SPARK KIT LIST

Items may need to be added or deleted, depending on the time of year and whether you are in a residential building or not.

Label everything clearly.

- Spark uniform - wear to and from camp
- Water bottle
- Warm jacket
- Rain Gear
- Hat (a must)
- Running Shoes
- Sit Upon
- Suntan Lotion
- Backpack to put all items in

Medications are to be given to the first aider upon arrival at camp.

Place all medications, both prescription and over-the-counter, in a plastic Ziploc bag, clearly labeled with the girls' name. All medication must be in the original container and have the dispensing instructions clearly labeled.

GUIDERS KIT LIST

This list includes items that will make your day more comfortable.

- Tarp – to cover gear if it's wet outside, or to put backpacks on
- Garbage bag
- First Aid Kit
- Camera
- Cell Phone
- A flag or marker to indicate your group boundaries
- Safe Guide Forms: girls and leaders health forms:
SG.3, SG. 4, H.3,H.4

If not provided at the camp:

- Cooler
- Toilet Paper
- Hand sanitizer

Fit To Be a Spark

GUIDER EVALUATION FORM

Please share with us what you liked about this “Camp In a Box” and anything that can be improved on for the next time. Thanks for your input!

WHAT DID YOU LIKE BEST?

WHAT WORKED/DIDN'T WORK FOR YOU?

WHAT COULD BE IMPROVED ON FOR NEXT TIME?

GENERAL COMMENTS

Please send your pictures to us at:

AB Camping Committee
11507 – 107 St.
Edmonton, AB
T5H 2Z6

or email to:

camping@albertagirlguides.com

Appendix I Activity Cards



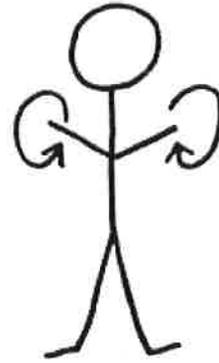
Jump On Right Foot
10 Times



10 Toe Touches



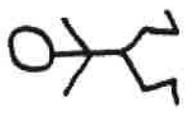
Jump On Left Foot
10 Times



10 Arm Circles



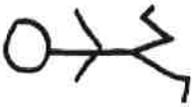
Run On the Spot



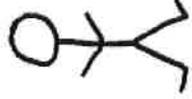
Jump On Both Feet 10 Times



Stretch Each Arm



10 Modified Jumping Jacks



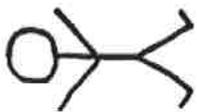
10 Side Bends Each Side



Roll Over 10 Times



10 Crunch-ups



10 Modified Jumping Jacks



10 Side Bends Each Side



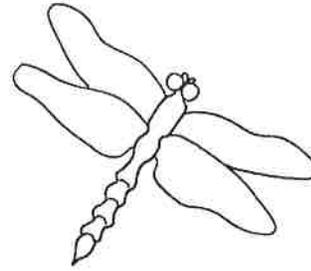
10 Push-ups

Raccoon



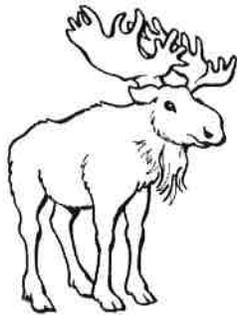
Motion: Walk on all fours, hands and feet, with bum in the air.

Dragonfly



MOTION: Arms out to your side and move up and down while moving forward in a winding path.

Moose



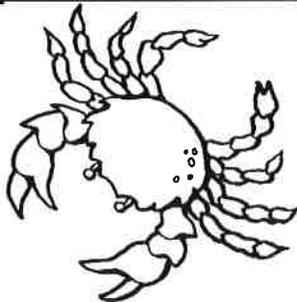
MOTION: Walk forward on all fours, extending and tilting head.

Water Strider



MOTION: Wave arms up and down and skip rapidly.

Crab



MOTION: Walk sideways on all fours.

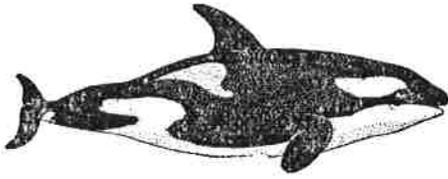
Starfish



MOTION: Extend arms out like a star and move slowly forward.

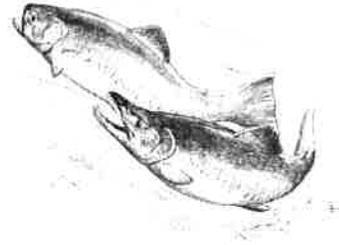


Orca



MOTION: Diving action or jumping up and down.

Salmon



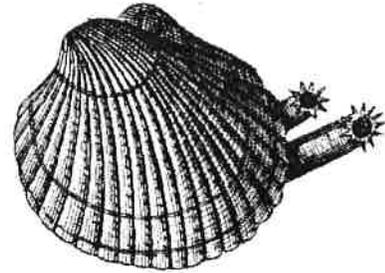
MOTION: Point hands together and make a swimming motion.

Octopus



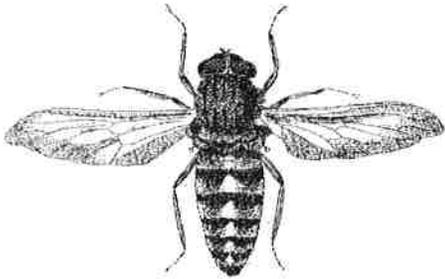
MOTION: Wave arms behind body and lunge forward.

Clam



MOTION: Lay one arm out front, palm up, and move other arm on top, open and close.

Bee



MOTION: Arms extend out like wings and buzz around in circles.

Eagle



MOTION: Arms out to your side as wings, flapping as you "fly".



Snake



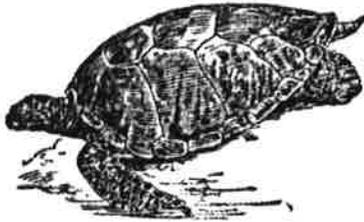
MOTION: Slither across floor.

Blue Heron



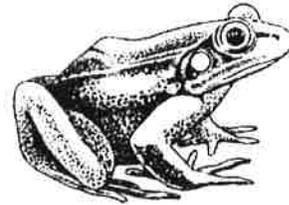
MOTION: Hands on your hip so elbows are wings, move head forward for feeding motion.

Turtle



MOTION: Crawl on knees and hands, slowly.

Frog



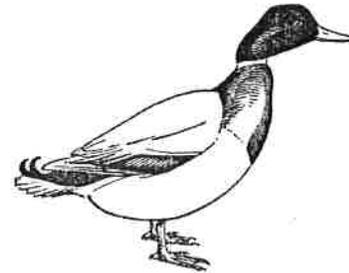
MOTION: Crouch down and hop.

Bear



MOTION: like a bear fishing, use hands to paw at "fish" and pounce.

Duck



MOTION: waddle side to side.

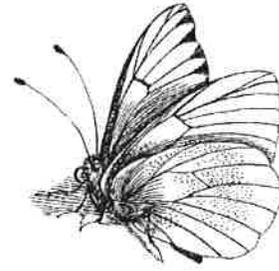


Human



MOTION: Just walk as yourself.

Butterfly



MOTION: Hold elbows into your side and flutter your hands while moving about.

Penguin



MOTION: Arms held down at sides, take tiny steps with feet pointed outward.

Beaver



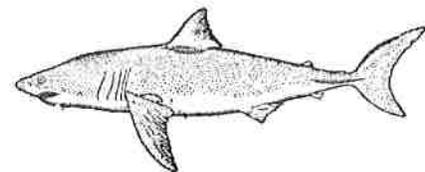
MOTION: show front teeth, nod body and move forward to mimic swimming motion.

Otter



MOTION: With hands on chest, walk backward.

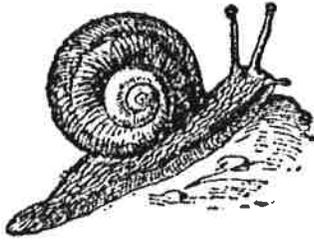
Shark



Motion: Hold elbows out like fins and move forward, darting here and there.



Snail



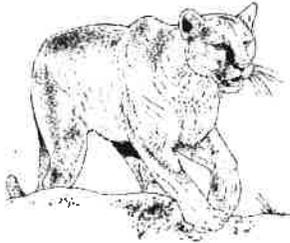
MOTION: Licks with specialized tongue called radula. Display licking motion, using one hand as the radula.

Squirrel



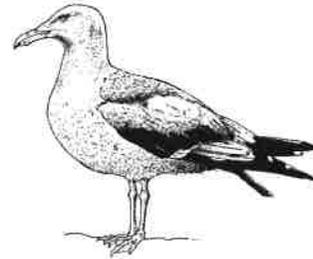
MOTION: Scamper forward on all fours, stop in squatting position with hands in front of chest.

Cougar



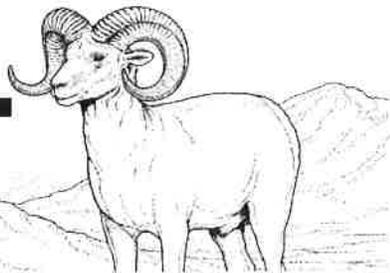
MOTION: Jump with hands hanging down, then walk on all fours, then pounce (jump) again.

Gull



MOTION: Soar around with arms extended.

Bighorn Sheep



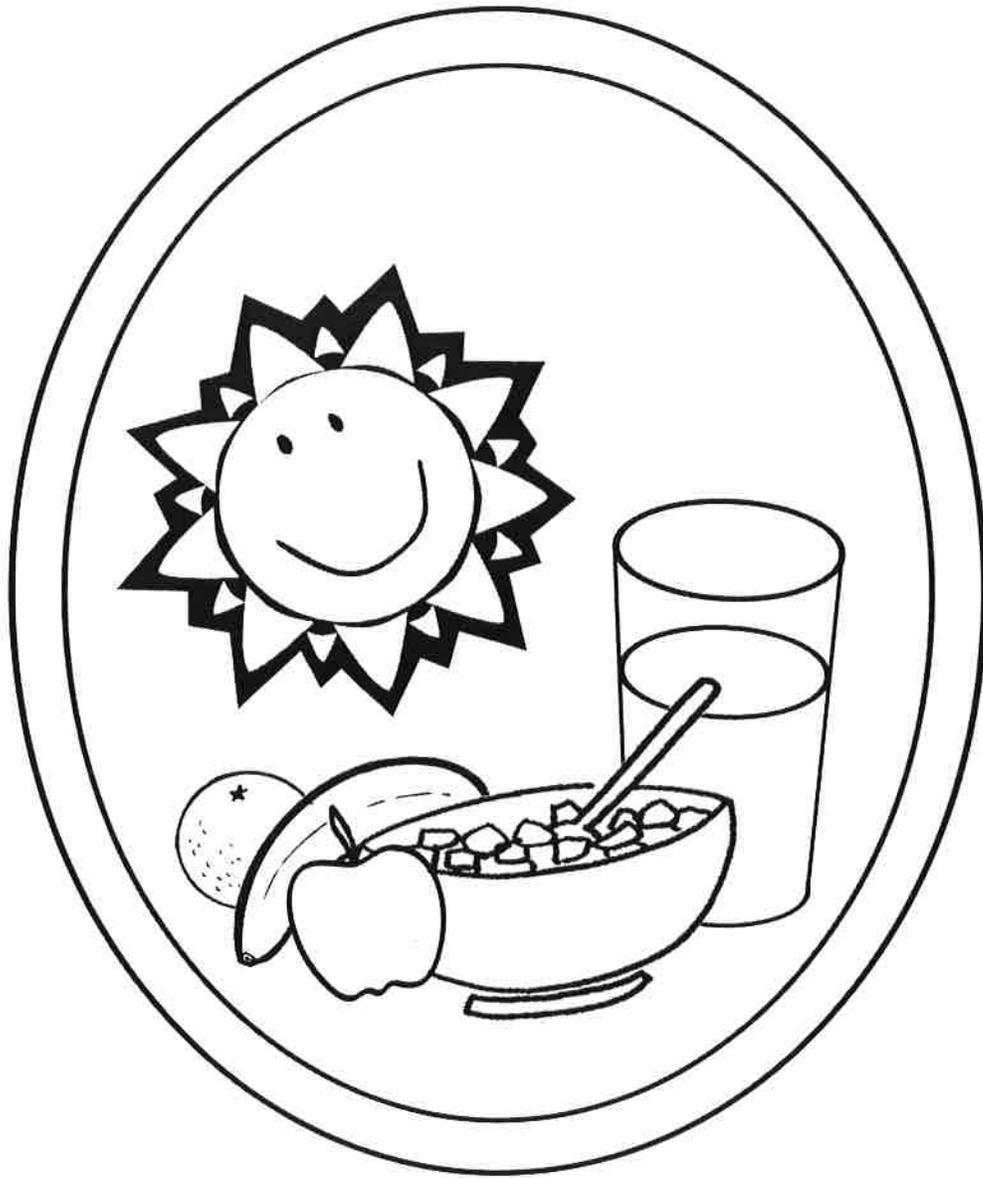
MOTION: Hands on head like horns, charge forward or walk.

Wolf

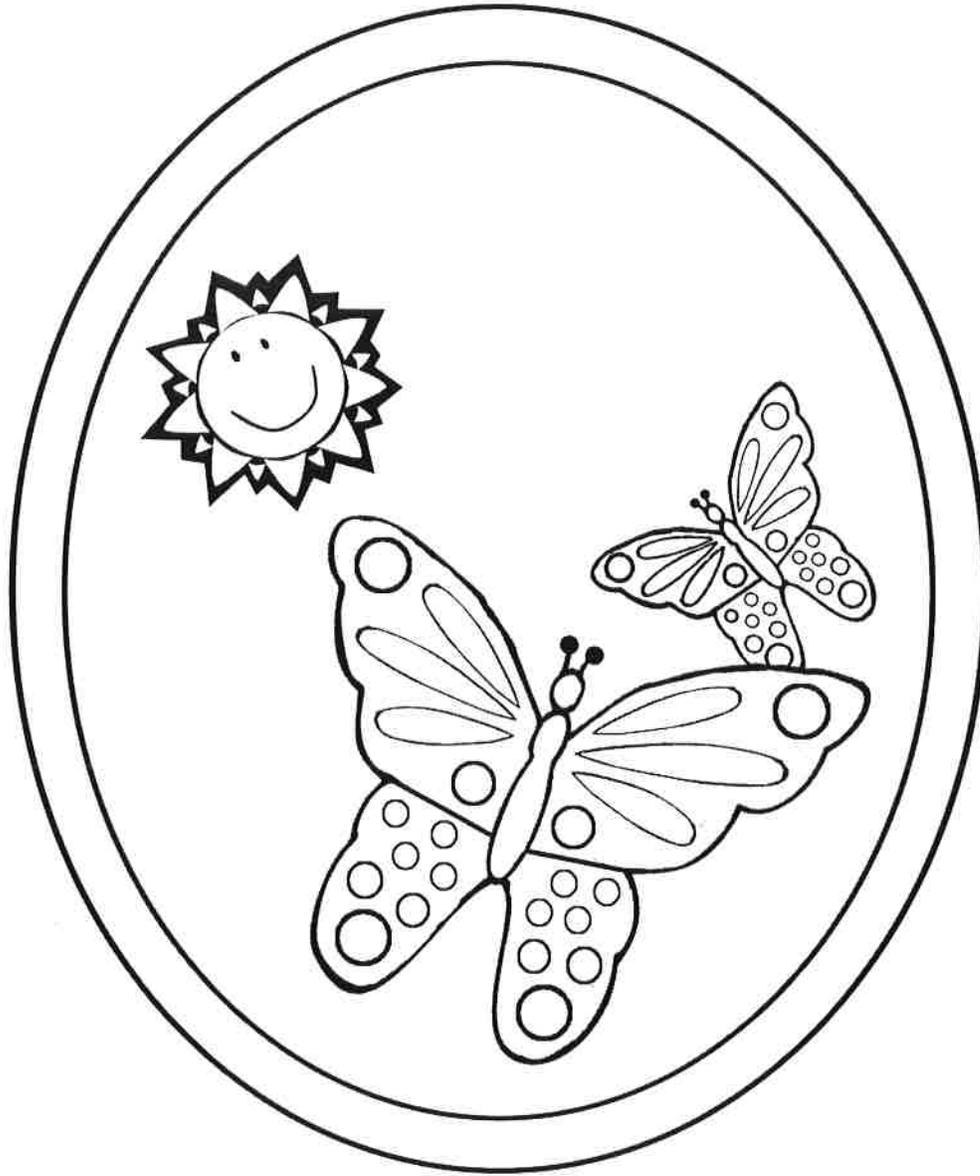


MOTION: Tilt head to indicate howling, move arms in running motion as you run forward.

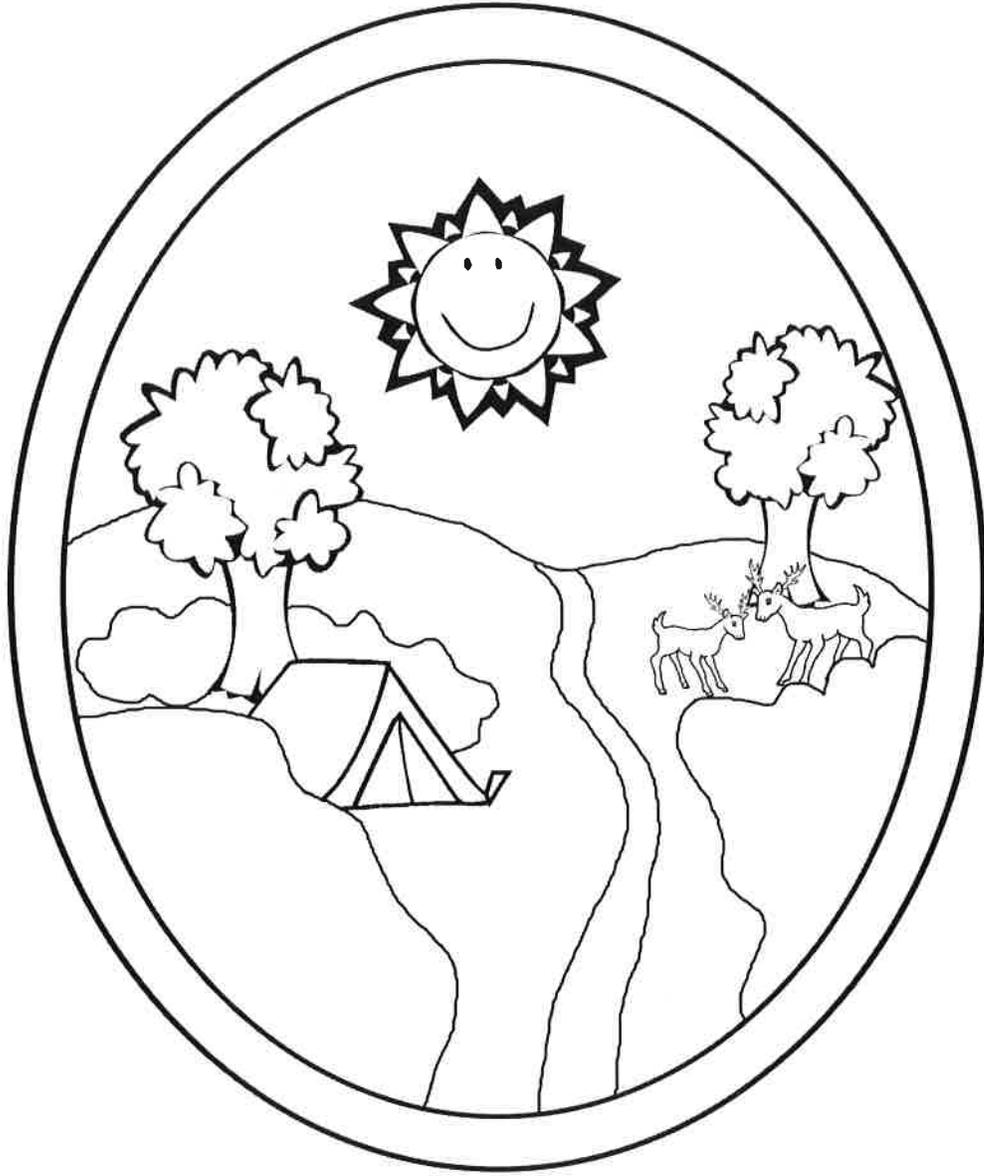




Being Healthy



Going Outside



Going Camping