

African Safari

1st Stop: Beginning the Safari. *Put your safari hat on!*

Raise your hands above your head and bring them down as if putting a hat on. Slightly bend knees as you do this. Repeat.

2nd Stop: Giraffe. *Stretch tall like a giraffe!*

Continue going up and down on your tippy toes, reaching your arms above you as you go up.

3rd Stop: Elephants. *Turn your arms into an elephant trunk!*

March in place. Stretch your arms out straight in front of you with your right arm directly over your left, and wave them up and down like an elephant trunk.

4th Stop: Rhinoceros. *Charge like a rhinoceros!*

Keep your elbows in, forearms in front of you and hands in fists. Bend your legs into a squat, then as you stand back up, turn your upper body to the right and stretch as high up as you can, pushing your arms up as you do this. Repeat on both sides.

5th Stop: Cheetah. *Run fast like a cheetah!*

Run in place as fast as you can.

6th Stop: Hippopotamus. *Turn your arms into a hippo's mouth!*

March in place. Stretch your arms out straight in front of you with your right arm directly over your left, and open your arms up and close them as if opening and closing a mouth.

7th Stop: Zebra. *Shake your tail like a zebra!*

Shake your bottom from right to left, keeping your hands on your hips.

8th Stop: Gazelle. *Run like a gazelle!*

Jump landing with your right foot forward and your left foot backward (a lunge position). Jump again and switch feet. Keep your hands on your hips. Repeat.

9th Stop: Chimpanzee. *Climb a tree like a chimp!*

Bring your right arm up and lift your left knee up at the same time. Repeat on both sides.

10th Stop: Meerkat. *Pop out of a hole like a meerkat!*

Keeping your arms at your side, squat and pop back up. Make sure your back is straight. Repeat.

11th Stop: Lion. *Play like a lion!*

Step side to side, and as you do this, make claws with your hands and push your arms out in front of you fast.