

Sloth



Movement

Move every body part in extremely slow motion.

Cheetah



Movement

Run in place as fast as possible while keeping a focused gaze.

Flamingo



Movement

Stand perfectly still on one leg and tuck the head down as if sleeping.



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Crab



Movement

Squat low, walk sideways, and open and close hands like pincers.

Elephant



Movement

Clasp hands together to make a trunk, swing it, and take heavy, slow steps.

T-Rex



Movement

Tuck elbows tightly against the ribs to make tiny arms, and stomp heavily.



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Snake



Movement

Lie flat on the floor, slither forward without using arms, and flick the tongue.

Frog



Movement

Crouch close to the floor and execute high, wide, explosive jumps.

Monkey



Movement

Scratch the head and ribs while moving around with bent knees.



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Bat



Movement

Flap arms quickly and cross arms over the chest as if wrapping wings to sleep upside down.



Dolphin



Movement

Dive up and down through imaginary waves with hands pressed together in front.



Bear



Movement

Walk heavily on all fours and pretend to scratch your back against a tree.



Turtle



Movement

Crawl extremely slowly and pull the head and limbs inward as if hiding in a shell.



Gorilla



Movement

Walk forward using knuckles and lightly pound the chest.



Ostrich



Movement

Run in place with long strides and stretch the neck down to peck at the ground.



Giraffe



Movement

Reach arms straight up high to pull down imaginary leaves from tall trees.



Octopus



Movement

Wiggle arms and legs continuously and independently like floating tentacles.



Crocodile



Movement

Stretch both arms straight out in front and clap them together rapidly like giant jaws.





Owl



Movement

Keep the body perfectly still, widen the eyes, and turn the head far to the left and right.

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Squirrel



Movement

Twitch the head quickly, hold an imaginary acorn with both hands, and nibble rapidly.

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Peacock



Movement

Strut forward slowly and spread arms wide behind the back like a fan of feathers.

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Meerkat



Movement

Stand up completely straight and stiff on tiptoes, turning the head sharply left and right to look for danger.

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Chameleon



Movement

Take slow, rocking steps forward, dart the eyes around, and pretend to shoot out a long tongue.

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Walrus



Movement

Drag the legs along the floor using only arm strength.

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Hummingbird



Movement

Flap arms incredibly fast while hovering in one spot and leaning forward to drink.

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Kangaroo



Movement

Execute long, powerful hops with both feet together while holding hands near the stomach.

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Penguin



Movement

Keep knees completely locked, waddle from side to side, and keep arms stiff by the waist.

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Raccoon



Movement

Use hands nimbly to pretend to wash food while peering around cautiously.



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Camel



Movement

Walk with a slow, swaying gait while hunching the back to simulate a hump.



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Hippopotamus



Movement

Open the mouth as wide as possible and take heavy, wide-legged steps.



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Eel



Movement

Stand and undulate the entire body in a smooth, wave-like motion from head to toe.



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Rhinoceros



Movement

Put a finger on the bridge of the nose to make a horn. Then lower the head and take heavy, stomping steps.



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Starfish



Movement

Lie flat on the floor, spread arms and legs out completely, and inch along very slowly.



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Seal



Movement

Lie on the stomach, lift the chest up, and clap the hands together rapidly out in front.



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Seal



Movement

Nod the head forward and backward rapidly against an imaginary tree trunk.



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Lizard



Movement

Get low to the ground in a push-up position and walk by stretching out opposite arms and legs.



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Shark



Movement

Place a hand vertically on the head like a fin and glide smoothly around the room without stopping.

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Spider



Movement

Get on all fours with elbows and knees pointing outward, creeping forward silently.

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Moose



Movement

Place hands next to the ears with fingers spread wide like giant antlers and walk with stiff legs.

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Jellyfish



Movement

Puff out the cheeks, let arms dangle completely loose, and bob up and down gently.

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Armadillo



Movement

Roll into a tight ball on the floor and peek out by slightly lifting the head.

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Seahorse



Movement

Stand upright, tuck the chin down to the chest, and take tiny, gliding steps without bending the knees.

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Koala



Movement

Wrap arms and legs tightly around an imaginary tree trunk and move up and down slowly.

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Skunk



Movement

Turn around to show the back, lift an imaginary tail high, and stomp the feet as a warning.

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Caterpillar



Movement

Lie on the stomach, pull the knees forward to arch the back up, then slide the arms forward to flatten out.

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