

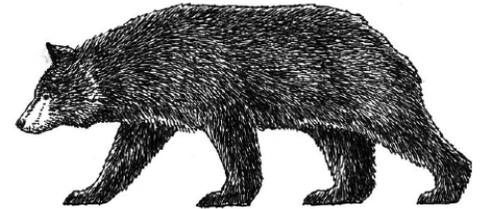
# ANIMAL OLYMPICS:

## Directions-

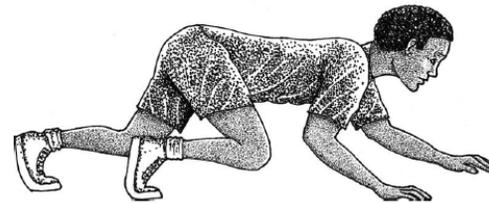
Cut the Animal Olympics Cards out and encourage your child to move like the animal. After you child has completed all the cards, reward them by using the certificate below.



**Can you walk the walk?** Bears have 5 toes, each with curved, claws. They walk in a shuffling, flat-footed manner (a lot like humans).



Start by getting down on all fours (hands and knees) then raise your knees while keeping your hands and feet on the ground. Next, raise you head and begin moving forward starting with your right hand and left foot following with the left hand and right foot. See how fast you can "walk like a bear" to the cone and back.





## Animal Olympics

This certificate is awarded to:

for completing the Animal Olympics course.

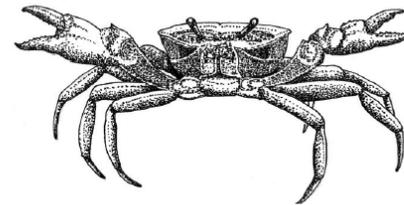
Name \_\_\_\_\_ Date \_\_\_\_\_

Dated this \_\_\_\_ day of \_\_\_\_\_, 20\_\_

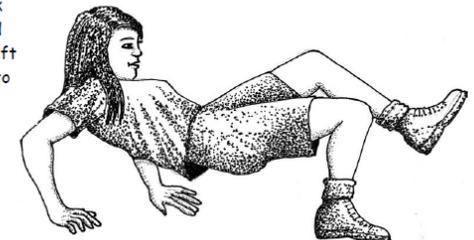





**Are you a sideways walker?** Crabs walk sideways because that's the way their legs bend. This lets them squeeze into holes and crevices to keep out of the way of fish with sharp teeth and larger crabs that might think the smaller crab was a tasty meal.



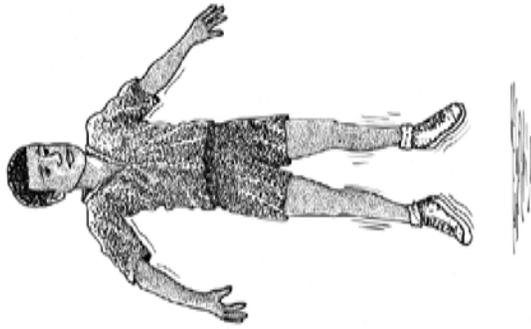
Sit on the ground with your legs bent at an angle in front of your body. Lean back and place your hands on the ground, shoulder length apart, fingers facing your feet. Lift your bottom up off of the ground about 12 inches - into a bridge - and walk like a crab. Take a step with your right hand and left foot at the same time and then with your left hand and right foot. See how long it takes you to "crab walk" to the cone and back.



# How High?



A deer can easily jump over a fence that is 7 feet tall.



See how high you can jump.

# Sproinggg!!!



Frogs make a tasty snack for many predators. Since frogs don't have sharp teeth or claws to defend themselves, the best thing they can do to avoid being eaten is to escape as quickly as possible.



Pretend you are being chased by a predator and see how quickly you can hop like a frog to the cone and back.



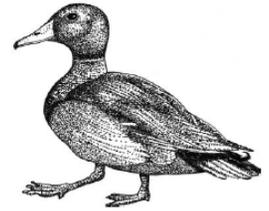
A grasshopper is an amazing insect that can jump 20 times the length of its own body!

If you could do that you would be able to jump almost 120 feet.



Take a jump and see how far you can go.....

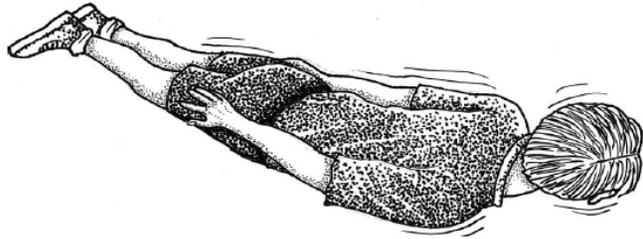
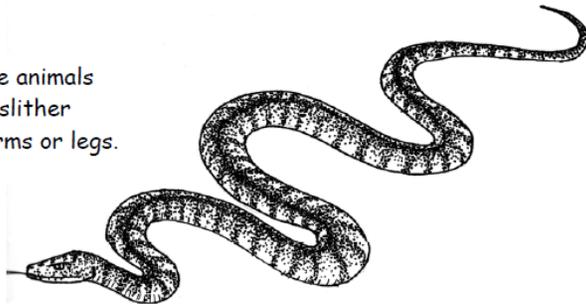
Ducks have webbed feet, designed for swimming. Their webbed feet act like paddles in the water. On land, a duck waddles instead of walking because of its webbed feet.



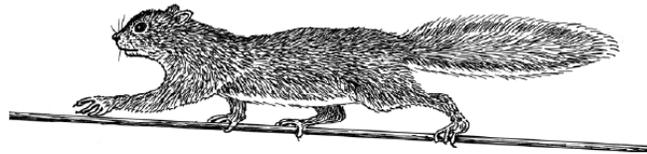
How quickly can you "waddle" to the cone and back?



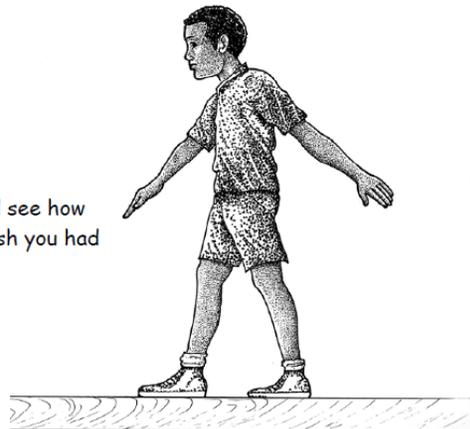
Most animals walk. Some animals swim or fly, but snakes slither because they have no arms or legs.



Lie down on the ground and see if you can slither like a snake.

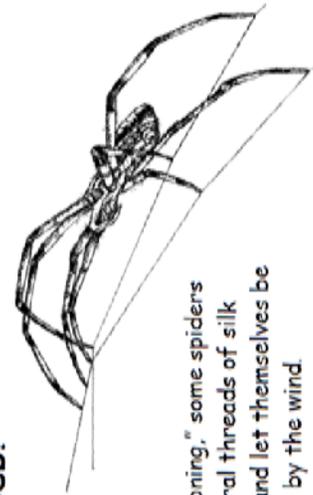


Squirrels have long tails to help them maneuver quickly without falling. It's like holding a stick sideways when on a balance beam.



Hop up on the balance beam and see how good your balance is. Do you wish you had a tail like a squirrel?

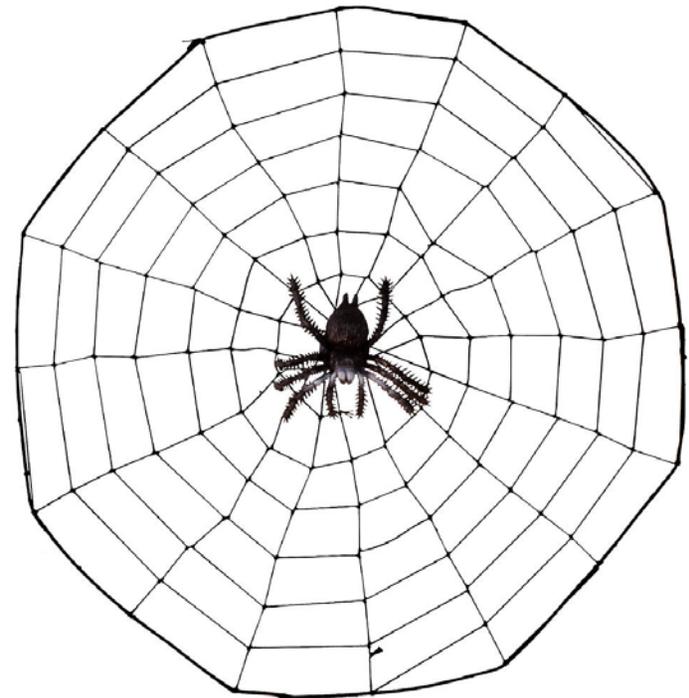
Surfing the web!



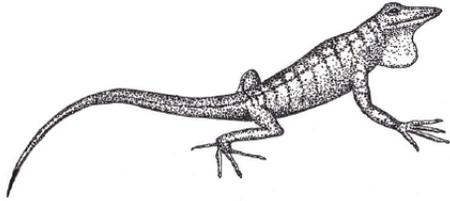
Called "ballooning," some spiders release several threads of silk into the air and let themselves be carried away by the wind.



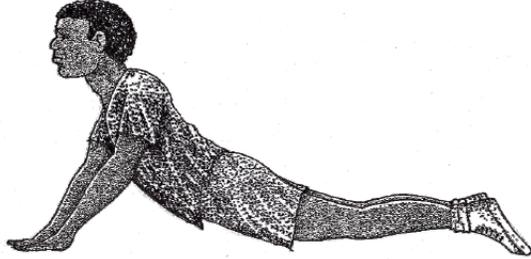
See if you can "balloon" the spider to the target.



## Drop and give me 50...



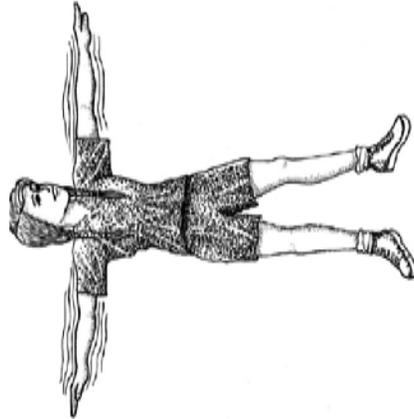
Lizards communicate by doing push ups. They might be saying hello, you're in my space or even I'm in good shape and will escape if you try to catch me!



See how many push ups you can do in 1 minute.



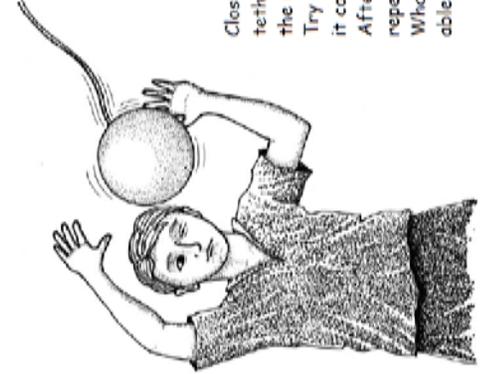
A hummingbird can flap their wings over 50 beats per second...some as fast as 90 beats per second. 50 beats in one second would equal 1500 beats in 30 seconds!



See how many times you can flap your "wings" in 30 seconds.

## I spy with my little eye...

Most hawks can see a mouse from a height of one mile. Compared to the size of their heads, raptor eyes are huge. If we had eyes that big they would be the size of a tennis ball! Raptor eyes are fixed in their head, meaning they can't move their eyes from side to side like we can.

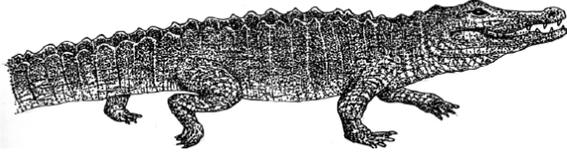


Close your left eye and face the tether ball. Swing the ball to the right and around the pole. Try to grab the ball as soon as it comes into your line of sight. After a couple more tries, repeat with both eyes open. What happened? Were you able to grab the ball easier?

## Visit the Southeast's Wildest Places!

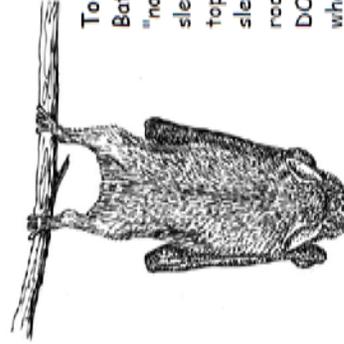
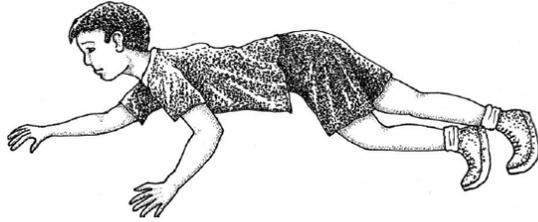
[www.fws.gov/southeast](http://www.fws.gov/southeast)

## Are you as fast as an alligator?



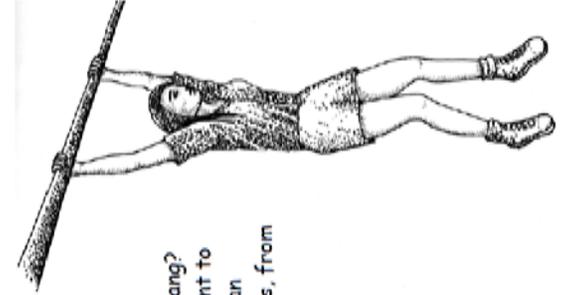
Alligators may look slow, but they can run up to 35 miles per hour for a very short distance.

The fastest human on earth can run 23 miles per hour. See how long it takes you to run like an alligator to the cone and back.



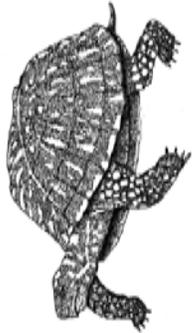
### To the Bat Cave...

Bats feed at night (they are "nocturnal") and spend the day sleeping in caves or in tree tops. The place where a bat sleeps is called its "roost". Bats hang **UPSIDE DOWN** from their roosts when they sleep.



How long can you hang? Have a friends count to see how long you can hang, by your hands, from the bar.

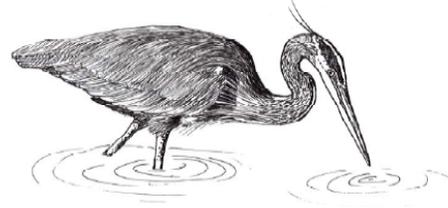
## Can you do the turtle tuck?



Turtles hide from their predators by pulling their head, legs and tail into their shell.



Start by getting down on all fours (hands and knees). Bring your chin to your chest as you drop your body down into a ball, then release. See how many turtle tucks you can do in one minute.



It is not uncommon to see a Great Blue Heron standing with one leg drawn up in a resting position, and balancing like a seasoned acrobat on the other leg.

See how long you can balance on one leg.

