

1. FLAP LIKE A BIRD

Stretch arms out wide and gently flap up and down like wings. Try slow flaps, then fast flaps!



2. BABY BIRD STRETCH

Crouch down small in a ball, like an egg in a nest. Then slowly stand up and stretch arms high like a baby bird hatching



3. PECK, PECK, PECK

Bend down and tap the floor with fingertips like a bird pecking for food, then stand up tall



4. BIRD HOPS

Hop lightly on the spot or hop forward like a little sparrow



5. OWL TWISTS

Stand tall and slowly twist side to side, turning your “owl head” to look behind you



6. SOARING EAGLE

Run slowly around the space with arms wide, gliding smoothly like an eagle in the sky

