

Have some farm animal fun! Follow the instructions to see if you can move the way the farm animals do. Enjoy!



**COW WALK:**  
Stand on hands and knees. Walk across the room while shaking your head from side to side and up and down like you are eating grass.



**SHEEP CRAWL:**  
Lie on the floor with your feet and arms tucked up under your body. Inch yourself forward in a slow and steady crawl.



**FROG HOP:**  
Hop like a frog across the room. Hop back again.



**HORSE GALLOP:**  
Stand on your feet. Gallop across the room with one foot leading. Gallop back with the other foot leading.



**PIG ROLL:**  
Lay on the floor and roll like a pig in the mud.



**HEN FLAP:**  
Tuck your hands under your arm to make wings like a hen. Flap your wings as you strutt across the room.



**GOAT KICK:**  
Stand on your feet and place your hands on the floor. Walk across the room as you kick out your feet.



**DUCK WADDLE:**  
Place your heels together with your toes apart. Place your hands at your sides as you waddle across the room.