

Ekka at home



ANIMAL ACTS

While we'll all miss visiting the animals on Show Day, it doesn't mean we can't have some animal themed fun at home!

Directions: Print this page, cut out each animal exercise, fold each one and place them in a bowl. Take turns drawing a piece of paper out of the bowl. If your kids are younger, instruct them on how to do the exercise. See who can correctly guess what the animal is!

Crab Put your arms and legs on the floor and lift your tummy up. Challenge yourself to walk using your arms and legs in this position.

Frog Bend your knees low to the ground with your two hands and palms flat to the floor. Jump, pushing off your palms.

Gorilla Make two fists, bend your knees and make broad low steps swinging your arms while fists are clenched.

Duck Bend your knees and crouch down. Balancing on your feet, bend your arms sticking your elbows out and flap them up and down.

Elephant Clasp your hands but keep your arms straight and hanging down. Bend your waist down and swing your arms back and forth low to the ground as if they were an elephant's trunk.

Cat Get on your hands and knees, palms flat forward and suck your torso slowly in as you raise your back to the sky. (Note: this is the 'cat' part of the "cat cow" yoga pose!)

Giraffe Clasp your hands and lift your arms up forward and swing them back and forth as if they were a giraffe's neck.

Bunny Bend your knees slightly but stay upright, bring your two hands up like a hook towards your chest and hop!

Tiger Get in push-up position and then bend your knees back to get in crouch position and then back to push-up mode.

Starfish These are actually called Star Jacks and are similar to Star Jumps. Squat then jump up with your arms and legs outstretched then back down to a squat and repeat.

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EKKA GAMES



Pillowcase Race

This is a great exercise that also works on kids balance, coordination and developmental skills as well as getting their heart-rate up!

Materials

Tape or string

One pillowcase per player

Directions

1. Mark two lines 3 metres apart on the floor with tape or string.
2. Have each player stand inside a pillowcase holding up the top and stand at the starting line.
3. At your signal, have the players jump to the finish line in their pillowcases.
4. The winner is the first to reach the finish line.



Three Legged Race

Materials

old rags/stockings/shoe lace

tape or string

Activity

1. If you decide to use rags, cut them into wide strips about one metre long. Old stockings tend to work better because they are softer, but anything will do.
2. Tie one player's left leg to the other player's right leg and line the teams up!
3. Practice walking together until you get a rhythm going and then try hopping or running.
4. When all teams are steady, use the tape or string to mark the finish line. Then let the race begin! The first team to the finish line wins!