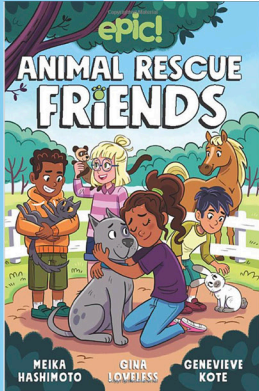




Animals are a lot like people: To stay healthy and happy, they need to move and have fun! Here are two games (one for outside and one for inside) that you can play with your friends and family.



ANIMAL RELAY

You'll need two teams of at least two people each for this game. To begin, head outside and choose a race course. (To the end of your yard and back or along the outside edge of a basketball court at a park are both good choices.) Have each player think of an animal and how it moves. Line up your teams at the start, and have the youngest kid begin the round by shouting out an animal's name. The first two kids have to run the course moving like that animal—on all fours like a dog, galloping like a horse, or even hopping like a bunny! The first person back to the start shouts the name of the animal that the next round of players will have to imitate. The relay race ends when the first team gets all of its members back to the start!

In a relay race, teams compete by each having one person at a time run a course. Each competitor waits until the teammate before them makes it back to the start before taking their turn.



FREEZE DANCE

This is a great activity for two or more people, and it's perfect for when you really want to move but you can't go outside. To begin, choose someone to be the Rescue Volunteer—they'll be in charge of the music and the animals. When the Volunteer starts the music and calls out the name of an animal, the players have to dance like that animal. When the Volunteer stops the music, everyone freezes. Take turns being the Volunteer, and find out who can dance like the coolest cat or the funkiest ferret!

