An active checklist for #playeveryday from Play Scotland
Fun for all the family. Can you...

- WALK like an elephant – place your arm in front of your nose like a trunk
- HOP like a kangaroo
- WADDLE like a penguin
- LIE on the ground and SLITHER like a snake
- CLIMB like a monkey
- WALK TALL like a giraffe
SHAKE your body and SHIVER like a polar bear

CRAWL like a snail or tortoise

RUN FAST like a panther

GALLOP like a horse

RUN and roar like a lion

CLAP like a sea lion

JUMP and LEAP like a frog

RUN or stand and FLAP your arms like a bird

TWIRL like a dolphin
LEAP like a lemur

STRETCH like a cat

ROLL like a pig

PRANCE like a reindeer

STAND on one leg and BALANCE like a flamingo

WALK FAST and peck like a hen

WALK SIDEWAYS like a crab

Any animal ideas to share, let us know at info@playscotland.org