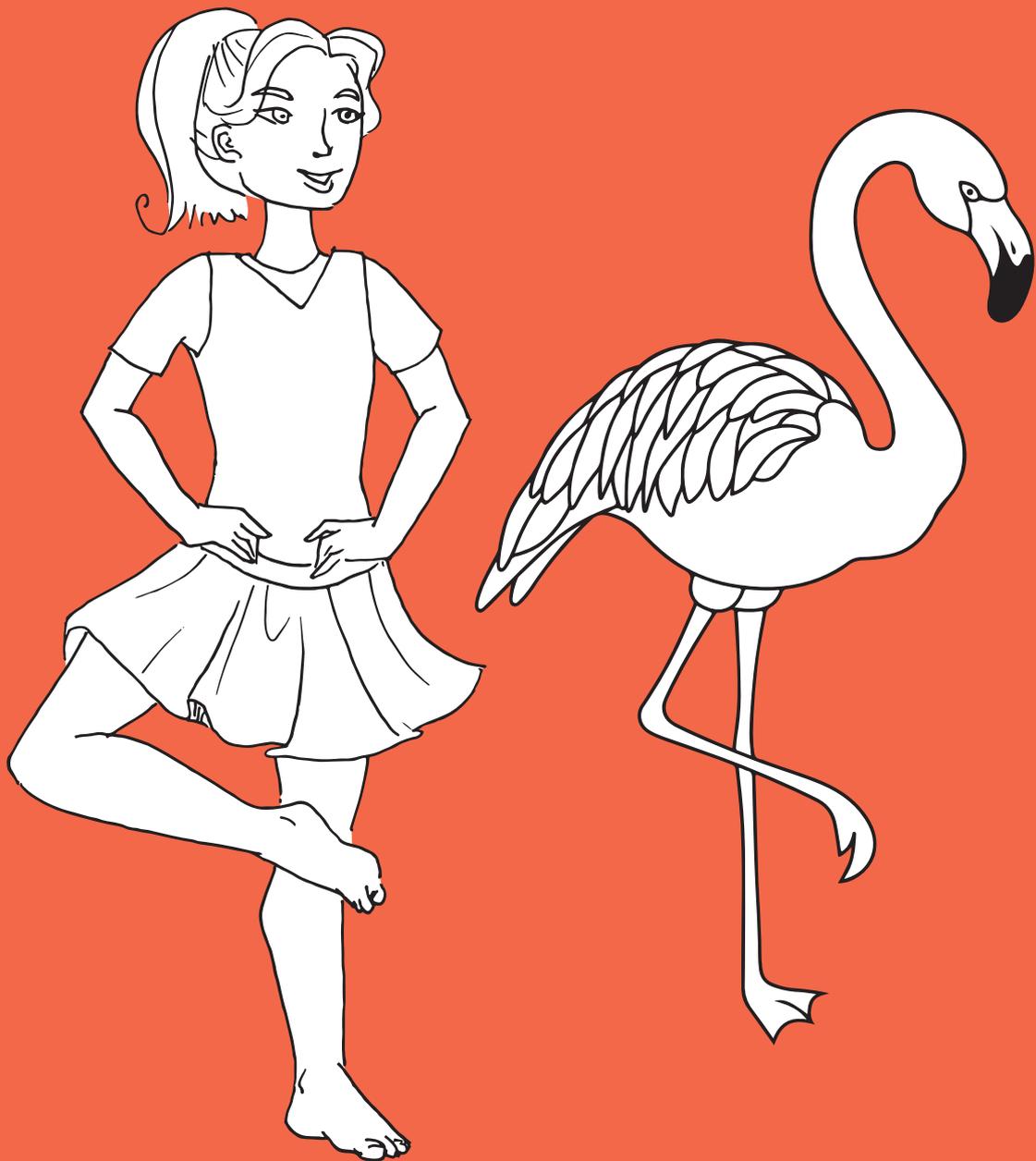


Auckland Zoo Education Pack

ECE



Theme: Staying Healthy

Zoo Lesson plan

Theme: Early Childhood (ages 0-4) - STAYING HEALTHY

What will I learn: How animals at Auckland Zoo stay healthy and how you can too!

Inspire

Watch this Fanimal episode about our Animal Experience Team and how some of their birds exercise [Fanimals with Animal Experience](#).

Watch our elephants Anjalee and Burma play and have a swim in their habitat: [Anjalee and Burma](#).

Watch as James the veterinarian completes a [health check on a teddy bear](#) to see how we make sure the animals are healthy at Auckland Zoo. After, you can try to do a complete a health check for your own teddy bear or stuffed animal.

Create

Create a sidewalk animal obstacle course for your family. Use the template; Sidewalk Animal Obstacle Course (resource attached).

Create a short home workout involving Auckland Zoo animals. Example: run on all fours like a lion, jump like a frog, balance like a flamingo. Make sure you use at least 3 animal movements from the video [Animal Yoga with Patrick](#).

Also, refer to document entitled **Animal Movement** (resource attached).

Explore

Go for a walk and see how many different types of bears and stuffed animals you see on your walk. Feel free to follow the links to use the following templates for help; [Bear Checklist](#), [Bear Checklist 2](#) and [Bear Binoculars](#).

Act

Make a pledge to be active in some way every day with both physical and mental exercises.

A great start is to try out [Animal Yoga with Patrick](#).

Reflect

Watch [Mindful Moment with Cathryn - Vitamin N](#) and try this at the end of each day for a mindful moment.

Curriculum links:

All lessons include aspects of the main strands of Te Whāriki the early childhood curriculum
WELLBEING | MANA ATUA, BELONGING | MANA WHENUA, CONTRIBUTION | MANA TANGATA, COMMUNICATION | MANA REO, EXPLORATION | MANA AOTŪROA

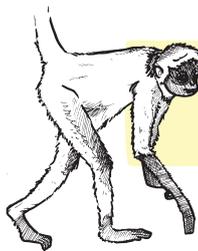
Sidewalk animal obstacle course

1. Draw the footprints below on a sidewalk or your driveway with **chalk**
2. Then see if you can use the footprints as an obstacle course and move like each animal
3. Start the course from the beginning if you make an incorrect move

Step 1: crouch on all fours and hop forward like a **frog**



Step 2: balance on one leg like a **flamingo** and then hop forward



Step 3: walk in a narrow line on all fours like a **spider monkey** on a branch



Step 4: use all fours to walk like a **lion**

Step 5: use two feet to waddle like a **little blue penguin**

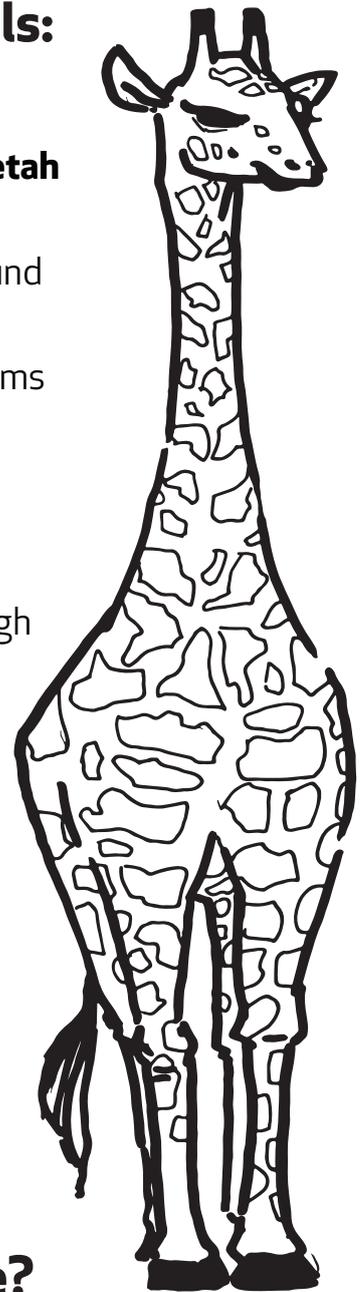


Step 6: jump forward with both feet like a **wallaby**

Can you move like an animal?

Try moving like these different animals:

- Prowl around slowly and quietly like a hunting **cheetah**
- Hop around like a **frog**, get nice and low to the ground
- Waddle on two feet like a **penguin**, keeping your arms nice and tight against your body
- Lay on your tummy and slither around like a **snake**
- Reach up tall like a **giraffe**, stretch your arms up high
- Run fast like an **ostrich** across the savannah
- Swing your long **elephant** trunk as you stomp your feet
- Slide around on your tummy like a **seal**
- Stand watch looking all around like a still **meerkat**



What other animals can you move like?