

# Outside Activity

Created by: Thorne Nature Experience



## Animal Forms

**Move** like an animal! For this option of the game make sure you are walking quickly, jogging, or hiking on flat surfaces. The goal is for participants to stay in motion for several minutes at a time. One person is in charge of calling out actions for other participants to perform.

- “Bound high off the ground like a mule deer”
- “Move silently and stealthily like a red fox”
- “Take giant steps like an elephant”
- “Swing through vines like a monkey”
- “Crawl like a crocodile”

**Mimic** the animals you see on your walks. What does a goose sound like? How does a squirrel run?

**Make** animal forms with your body parts! If you have a group of people, split into smaller groups and give each group a secret animal they have to make using their bodies or act out as a group, have the audience try to guess which animal they made!