

SOF RINGS & SWINGS + THEME SAFARI

WARM-UP WEEK 2

Warm-up song: Animal Freeze Dance (by The Kiboomers)

Dance and "FREEZE" to the Animal Freeze dance!

After the warm-up song, incorporate animals into your stretching - here are some ideas:

🐢 Tortoise/Turtle
- Tuck sit
- Rock & Roll

🐘 Elephant
- Straddle stretch
- Reach "trunk" to one foot, middle, other foot

🦋 Butterfly
- Butterfly stretch while flying around looking for safari or jungle animals

🐍 Snake
- Cobra stretch
- Slithering on tummy

🐅 Tiger
- Cat stretch (arch & hollow)

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Warm-up song: Animal Freeze Dance (by The Kiboomers)

Let's play the **Animals Freeze Dance Game**! But, remember to **stop when I say, Freeze!!**

Get ready to **stomp like an elephant!!**
Stomp, stomp, elephants stomp Stomp around the room Elephants stomp around the room But stop when I say..... Freeze!

Get ready to **waddle like a penguin!!**
Waddle, waddle, penguins waddle Waddle around the room, Penguins waddle around the room, But stop when I say..... Freeze!

Get ready to **hop like a kangaroo!!**
Hop, hop, kangaroos hop Hop around the room, Kangaroos hop around the room But stop when I say..... Freeze!

Get ready to **swim like a polar bear!!**
Swim, swim, polar bears swim Swim around the room, Polar bears swim around the room But stop when I say..... Freeze!

Get ready to **swing like monkeys!!**
Swing, swing, monkeys swing Swing around the room, Monkeys swing around the room But stop when I say..... Freeze!