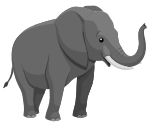
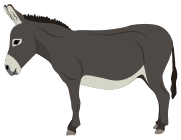
Systematic Reading Instruction
Energizers

Animal Action Relay

 **Penguin Waddle** Keep your arms tight against the side of your body then gently waddle side to side as you walk.	 **Crab Walk** Lean backwards on all fours and then walk around backwards.	 **Kangaroo Jump** Keep your legs together, bend the knees a bit, and jump around as high as you can.	 **Duck Waddle** Squat, tuck your hands into your armpits to make "duck wings," and flap your arms.
 **Frog Hop** Simply squat like a frog and hop!	 **Elephant Walk** Put your arms together in front of your body and swing your trunk from side to side as you stomp your feet.	 **Bear Walk** Walk on all fours like a bear, keeping your arms and legs fairly straight.	 **Snake Slither** Lay on your tummy and wiggle along the floor like a slithering snake.
 **Flamingo hop** Stand on one leg with the other leg bent back. Hop forward and land on the same leg.	 **Inchworm crawl** Start in the plank position. Walk your feet towards your hands without moving your hands. Then walk your hands forward back in the plank.	 **Gorilla Shuffle** Get in a squat position. Make fists and place your knuckles on the floor between your legs. Shuffle your feet and arms.	 **Tiger Prowl** Start on your hands and knees. Get low and creep forward slowly as if you're trying to sneak up on another animal.
 **Donkey Kick** Bend down and place your hands on the floor. Kick your legs up behind you.	 **Starfish Jump** This is like a quick jumping jack but returning to the normal standing position upon landing.	 **Seal Walk** Lay down on your front on the floor. Arching your back, push your body up while keeping your arms straight. Use your arms to drag yourself across the floor.	 **Turtle Crawl** Get on your hands and knees. Place your elbows down to the floor. Curl your back and raise your shoulders up to your ears. Move forward slowly.