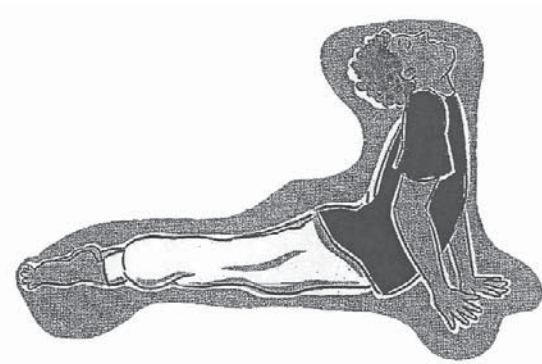


Animal Exercises

Moving like an animal is good exercise. These stretches can help you feel strong and relaxed. Wear stretchy or loose clothing and warm up by running on the spot for a couple of minutes before you start. Hold a position that feels comfortable for several seconds.

Frog on a Lily Pad

Sit very tall with your knees bent and the soles of your feet together. Hold your feet and pull them in as close as you can. Press your thighs down. Hold, then relax.

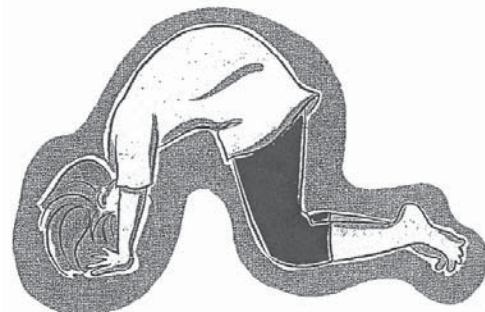


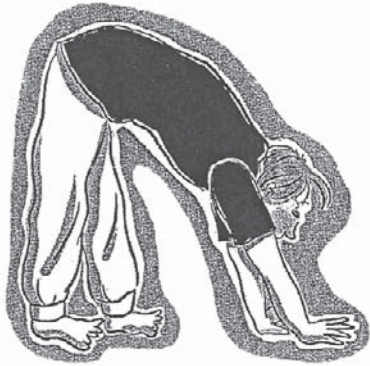
Rising Cobra

Lie on your stomach with your elbows bent and hands beside your shoulders. Slowly push up until your arms are straight. Keep your hips on the floor. Hold, then relax back down.

Cat Stretch

Kneel on all fours, keeping your back flat. Tuck your tailbone in. Push your back up as high as you can, lower your head and look between your knees. Hold, then relax.





Monkey Walk

Walk around on all fours, keeping your legs as straight as you can. Stop and slowly curl up to a standing position, letting your head come up last.

Kneeling Camel

Kneel with your right hand on your right heel and your left hand on your left heel. Bend your head back and push your chest up. Hold, then stretch one arm up as if you were grabbing a rope. Pull yourself up and relax. Repeat, stretching the other arm up.



Dozing Jellyfish

Lie flat on your back with your arms and legs comfortably spread out. Rest there, breathing slowly and softly, for as long as you like.

Adapted from "Animal Yoga" from *Eco-Fun* by David Suzuki and Kathy Vanderlinden, copyright 2001. Published by Greystone Books, a division of D&M Publishers Inc. Reprinted with permission of the publisher.

- 18** What do the three exercises on the first page of “Animal Exercises” have in common?
- You lie and rest.
 - You sit and stretch.
 - You hold and relax.
 - You kneel and reach.
- 19** What is the main purpose of the paragraph below the title “Animal Exercises”?
- It helps the reader to buy clothes.
 - It helps the reader prepare to exercise.
 - It tells the reader about different animals.
 - It tells the reader when to do daily activities.
- 20** What does the word “stretchy” mean as used in the paragraph below the title “Animal Exercises”?
- tight
 - large
 - elastic
 - different
- 21** Why are instructions provided for each exercise?
- to explain how to warm up
 - to explain how to move properly
 - to explain how to breathe properly
 - to explain how to act like an animal

22 Explain whether or not it would be difficult to do the Kneeling Camel without the picture. Use details from the text and your own ideas to support your answer.

23 Explain why these exercises are named after different types of animals. Use details from the text and your own ideas to support your answer.
