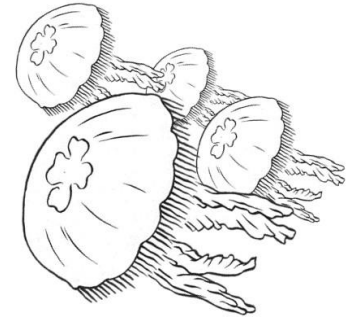


Moving and Grooving

It's time for an animal dance party!

Animals in the ocean move in a variety of ways. Some animals swim using fins, some crawl along the ocean floor, and some animals even jump completely out of the water.



Now it's your turn to explore the way different creature move!

Put on your favorite tunes and get your body moving. You can start by exploring how the following animals move:

- **Sea Star:** These creatures don't move that much, but it does look like they are always getting in a good stretch. *Plant your feet and stretch your arms out as wide as you can, making your body into a star shape. Move slowly in any direction like a sea star crawling with its suction cup feet!*
- **Octopus:** With no bones, octopus are some of the wiggliest animals out there. *Wiggle or wave your arms like the arms of an octopus.*
- **Jellyfish:** Jellies are free floating animals, moving wherever the water takes them. They will pulse their bell, or body, for a little more movement. *Bounce up and down and float around your space like a wandering jelly, drifting in the waves.*
- **Shark:** Get those fins ready. Sharks have many fins that help them swim. *Stretch your arms out like a "T" as your pectoral, or side, fins or put your hands on your head like a dorsal, or top, fin and swim around your space. Don't forget to show your big shark teeth!*
- **Humpback whale:** Humpbacks are known to be very playful. They can be seen breaching, which means they jump or throw their whole body out of the water. *Squat down low and then jump as high as you can like a humpback leaping out of the water.*

Now that your body is warmed up, pick your favorite animals and explore how they move. You can even take your dance party outside. Explore your neighborhood or a local park and if you spot some animals, observe how they move. Can you move like that animal? Have fun moving and grooving!