

MOVE LIKE A BIRD!

Did you know that not all birds fly? And that not all flying animals are birds?

For example, bats or butterflies can fly, but neither are birds. Penguins or ostriches are birds, but they can't fly. So how can you tell what's a bird and what isn't?

Well, all birds have feathers and beaks. Can you think of any other ways to identify a bird?

So, not all birds move the same. They move in lots of different ways! Have you seen a pigeon bob its head, or a goose flap its wings as it lands on water?

Today, we're going to move like a bird!

WARM UP YOUR WINGS

Roll your neck like an owl

Stretch out your claws

Stretch your arms & explore your wingspan

Run fast like an ostrich

Shake out and ruffle your feathers!

MOVE LIKE A BIRD

Try copying the different ways that birds move:

Fly and flap like a pigeon

Glide like a falcon

Waddle like a penguin

Pose like a peacock, or posture like a swan

Peck like a chicken

What other birds can you think of? If you see one in your garden or the park, try copying it!

