



OGDEN MUSEUM
OF SOUTHERN ART

Movement Mondays: Animal Movements



Newton Howard, *Untitled*, 1981, Oil on canvas, Collection of Anne Strachan

Animals come in a variety of shapes and sizes and this determines the way that they move. Hummingbirds move their wings at an incredible speed, giraffes have long legs, and snakes slither on their bellies on the ground. Each animal's method of movement is a defining characteristic and sets them apart from other species.

In this Movement Monday, move like your favorite animal.

Instructions

Step 1: Think of your favorite animal. Once you have selected your animal, think about what it looks like and how it would move. Is your animal tall or very small? Does it have any defining features? How long or short are its legs?

Step 2: Now that you have thought of your animal and its characteristics, walk around your house as if you were that animal. Does your animal move fast or slow? Does it walk in a straight line or zigzag? Does it take small steps or big ones?

Step 3: Pick a different animal and repeat the process in steps 1 and 2. Have your family and friends join in and see if you can guess what animal they are impersonating.

Step 4: If you would like, take a walk around your house or your neighborhood with your friends and family as if you were your favorite animal!

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QUESTIONS? EMAIL
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