



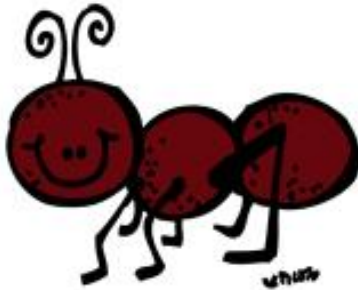
Wednesday, June 10

Bugs Dice Game



Try this bug dice game! Choose one of the animal bug actions, then roll the dice to land on a slow, fast, or normal speed.

Created by Cassie @ 3Dinosaurs.com



March like an ant.

Created by Cassie @ 3Dinosaurs.com



Buzz around like a bee.

Created by Cassie @ 3Dinosaurs.com



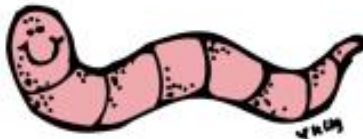
Flutter like a butterfly.

Created by Cassie @ 3Dinosaurs.com



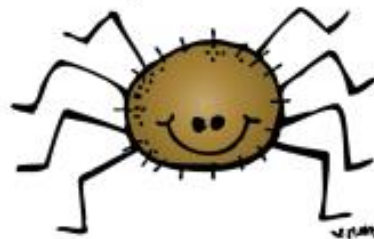
Jump like a grasshopper.

Created by Cassie @ 3Dinosaurs.com

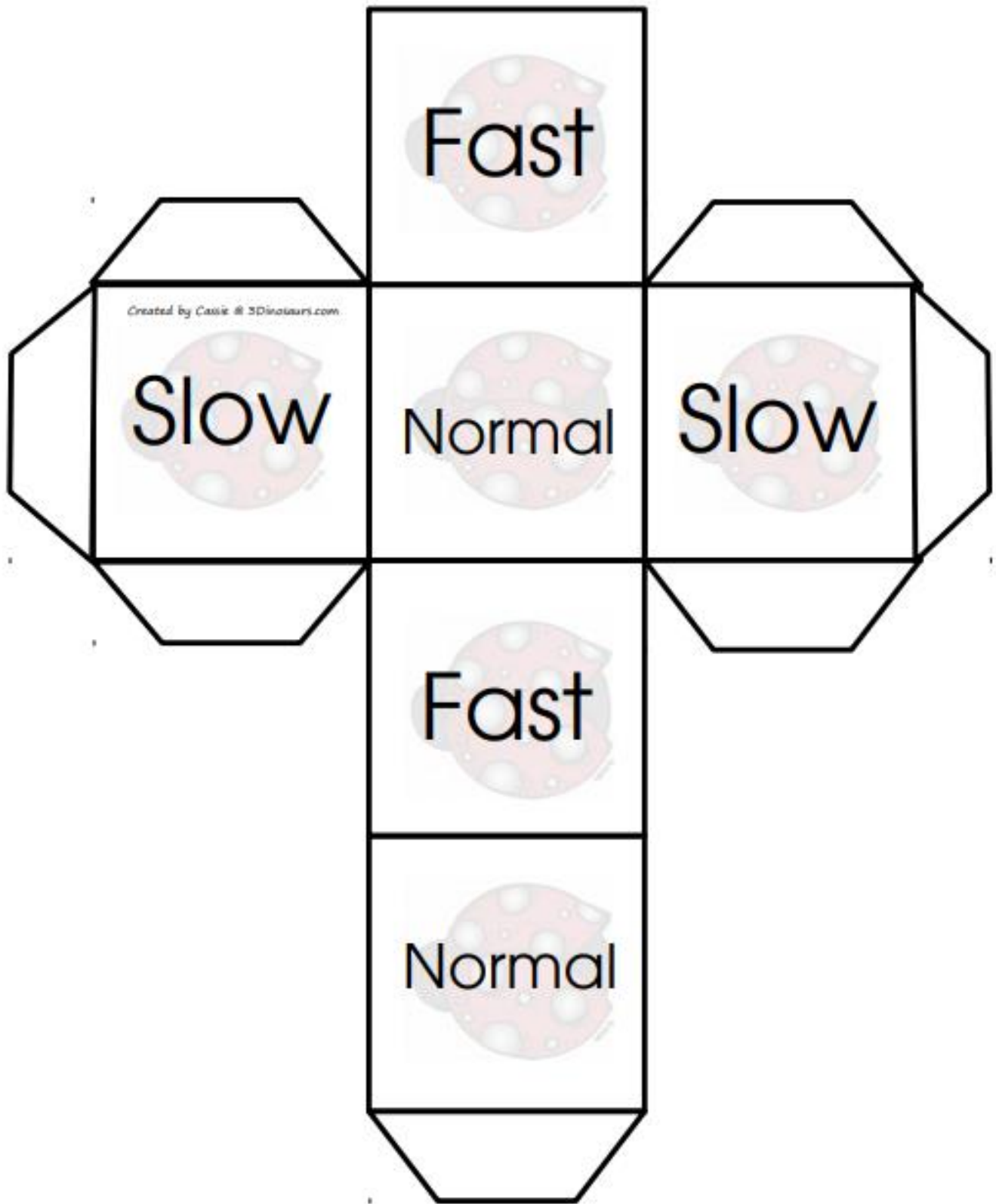


Wiggle like a worm on the ground.

Created by Cassie @ 3Dinosaurs.com



Tip toe like a spider on a web.



Nectar Relay

For some outdoor fun, try this relay race. Set up a bucket filled with water (nectar) and an empty ice cube tray (honey comb) several feet apart. Use a turkey baster, water dropper, or sponge to collect some nectar and empty it in your honey comb! Try not to spill that nectar! How long does it take to fill up your honey comb?



Nectar Relay

Act like a bee!



Bug Yoga

1. PRETEND TO BE A DRAGONFLY.

How to practice Warrior 3 Pose: Stand on one leg. Extend the other leg behind you, flexing your foot. Bend your torso forward and take your arms back alongside your body. Pretend to be a **dragonfly** flying around the garden. Switch sides and repeat the steps.



2. PRETEND TO BE A LADYBUG.

How to practice Child's Pose: Sit on your heels, slowly bring your forehead down to rest on the floor in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend to be a **ladybug** resting on a leaf.



3. PRETEND TO BE A SNAIL.

How to practice Hare Pose: Come to sitting on your heels in a Hero Pose. Slowly place your head out in front of you on the ground. Take your hands back alongside your body. Then lift your buttocks, being careful to not put too much pressure on your head. Pretend to be a **snail** making its home in the dirt.



4. PRETEND TO BE A BEE.

How to practice Hero Pose: Come to rest upright on your heels with your palms resting on your knees. Pretend to be a **bee** collecting pollen from a flower.



Hero Pose

5. PRETEND TO BE A BUTTERFLY.

How to practice Cobbler's Pose: Sit on your buttocks with a tall spine, bend your legs, place the soles of your feet together, and gently flap your legs like a **butterfly** fluttering around the vegetable garden.



Cobbler's Pose