



## Animal Motions

By Melissa Pilgrim

Indigo River Publishing. Paperback. Condition: New. Ira V Gates (illustrator). 32 pages. Dimensions: 8.4in. x 5.8in. x 0.7in. Kids! Follow Eric as he stretches and moves his body at the start of his day by using his imagination to become some of his favorite animals. Travel with him to the jungle, the desert, the forest, the ocean and don't forget to keep your body moving! Get creatively fit with Animal Motions a fun, easy to follow, low-impact movement routine that shows how using your imagination can help make moving your body even more fun! This children's picture book was inspired from the authors, Melissa Pilgrim, theatre classes with young children and written to help kids everywhere learn how to be creatively fit by doing two things at once: 1) Shows children how to move and stretch their body in a variety of animal-like poses to help them develop healthy lifestyle habits, stay active, and be more confident with how their body moves overall, 2) Teaches children how they can be creative and use their imagination as they pretend to be 17 different kinds of animals living in various habitats. The beautiful, full page watercolor illustrations that help guide the child's imagination are done...



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