# HANDS-ON ZOO EXPERIENCE

FITNESS FINDERS ANIMAL TOKENS

FITNESS FINDERS

CELEBRATE NATIONAL ZOO DAY APRIL 8 WITH A HANDS ON APPROACH. NATIONAL ZOO DAY (APRIL 8) IS A FANTASTIC OPPORTUNITY TO ENGAGE KIDS IN LEARNING ABOUT WILDLIFE CONSERVATION AND THE IMPORTANCE OF ZOOS IN PROTECTING ANIMALS. INSTEAD OF JUST READING ABOUT ZOOS, WHY NOT BUILD YOUR OWN IN THE CLASSROOM OR AT HOME USING FITNESS FINDERS ANIMAL TOKENS?

THIS HANDS-ON APPROACH COMBINES CREATIVITY, LEARNING, AND PHYSICAL ACTIVITY TO MAKE NATIONAL ZOO DAY A TRULY IMMERSIVE EXPERIENCE!

# WHY CELEBRATE NATIONAL ZOO DAY

ZOOS PLAY A VITAL ROLE IN:

- PROTECTING ENDANGERED SPECIES
- **EDUCATING PEOPLE ABOUT WILDLIFE**

INSPIRING CONSERVATION EFFORTS

BY ACTIVELY ENGAGING IN ZOO-THEMED ACTIVITIES, STUDENTS CAN GAIN A DEEPER APPRECIATION FOR ANIMALS AND THEIR HABITATS WHILE MAKING LEARNING FUN.

#### Step 1: Assign Animal Roles

Distribute Fitness Finder's Animal Tokens to students and have them "become" the animals.

Each student can research and present fun facts about their assigned species, including:

- Where it lives
- · What it eats
- Why it's important to the ecosystem

For an extra challenge, students can act out their animals, mimicking movement and sounds!



#### **Step 2: Design Zoo Exhibits**

Turn your classroom or outdoor space into a mini-zoo!

- Use cardboard boxes, posters, or drawings to create animal habitats.
- Assign different areas for jungle animals, desert creatures, ocean life, and more.
- Label each exhibit with fun facts about the species.

Students can work in teams to design and present their zoo sections.



# Step 3: Animal-Themed Fitness Stations

Set up fitness stations inspired by different animals to encourage movement. When students visit an exhibit, they must complete a zoothemed challenge:

- Giraffe Stretch: Reach as high as you can for # seconds.
- Frog Jumps: Hop forward # times.
- Penguin Waddle: Walk across the room with a ball between your knees.
- Bear Crawl: Move on all fours from one point to another.

Each completed challenge earns students a new animal token to add to their zoo collection!



# Step 4: Conservation Awareness Discussion

Once the zoo is built, discuss why real zoos matter and how students can help protect animals.

#### Topics can include:

- Endangered species and how zoos help save them.
- The importance of keeping habitats clean and safe.
- Ways students can support wildlife conservation (e.g. recycling, reducing plastic use, and supporting wildlife organizations).



# Step 5: Host a Zoo Tour & Storytelling Session

To wrap up the event, students can:

- Act as zookeepers and give "tours" of their exhibits to other students or parents.
- Share short stories or skits featuring the animals they researched.
- Reflect on their favorite parts of the activity and what they learned.

