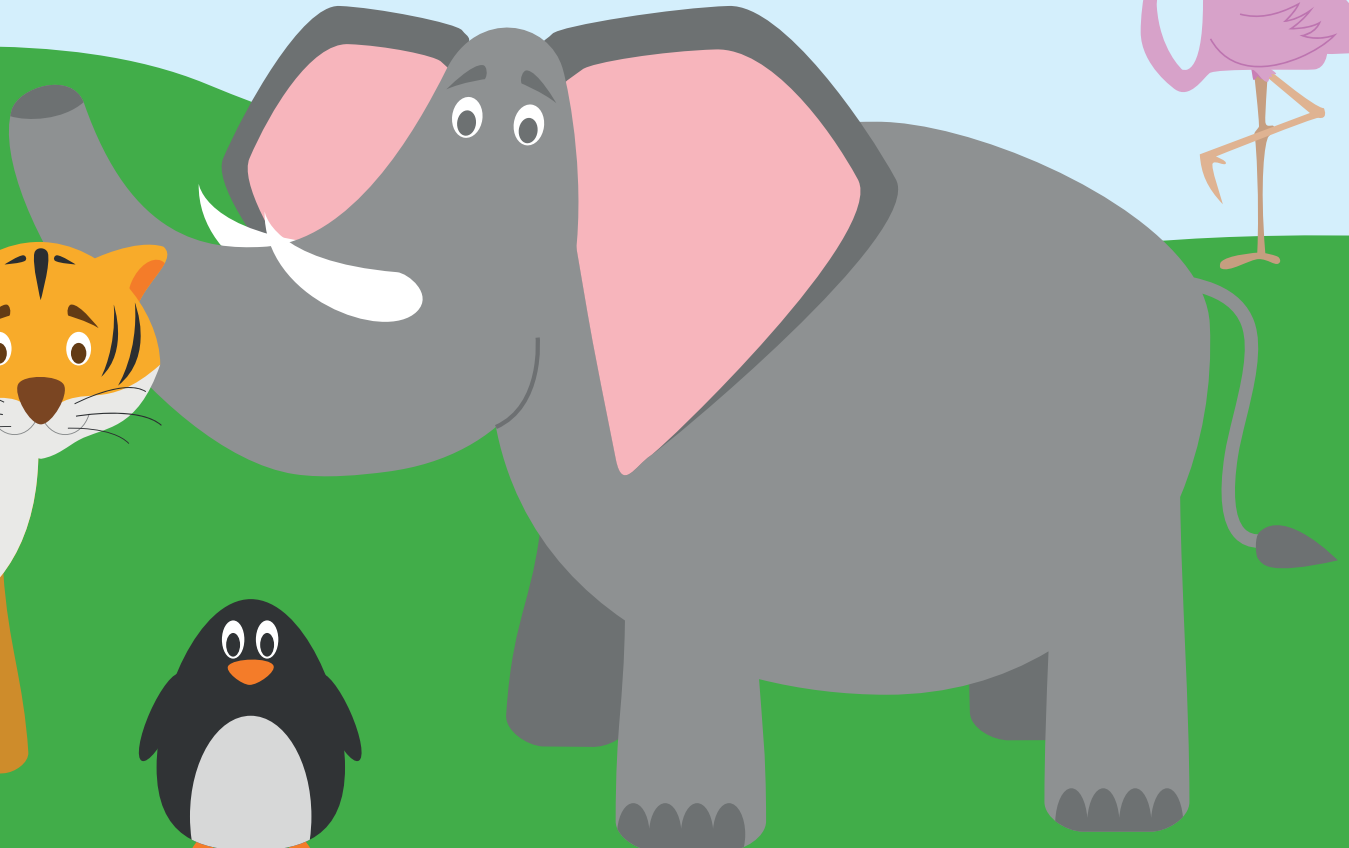
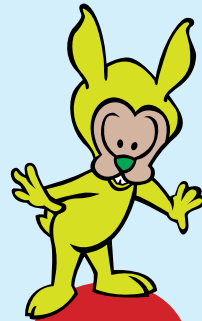


BE ACTIVE KIDS®

North Carolina



# Zoo Active



**Written by: Evie Houtz**

**Layout: Jennifer Kanakos**

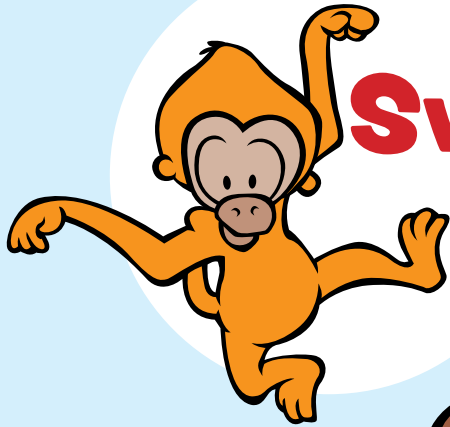
**Special thanks to all those who  
helped bring this book to life:**

Rich Rairigh  
Lisa Butterworth  
Linda Kinney

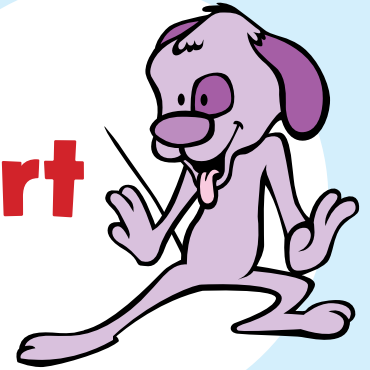
**For more information  
on the NC Zoo,  
check the NC Zoo web page  
at [nczoo.org](http://nczoo.org)**



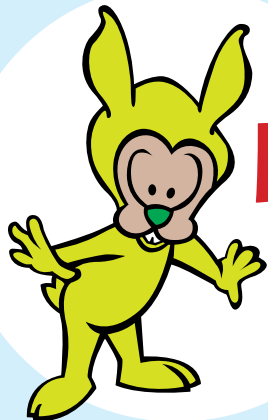
**Hi Friends!**  
**My name is Blue,**  
**the Caring Cub,**  
**and these are**  
**my friends;**  
**Dart, Glide, Leap,**  
**and Swing.**



**Swing**



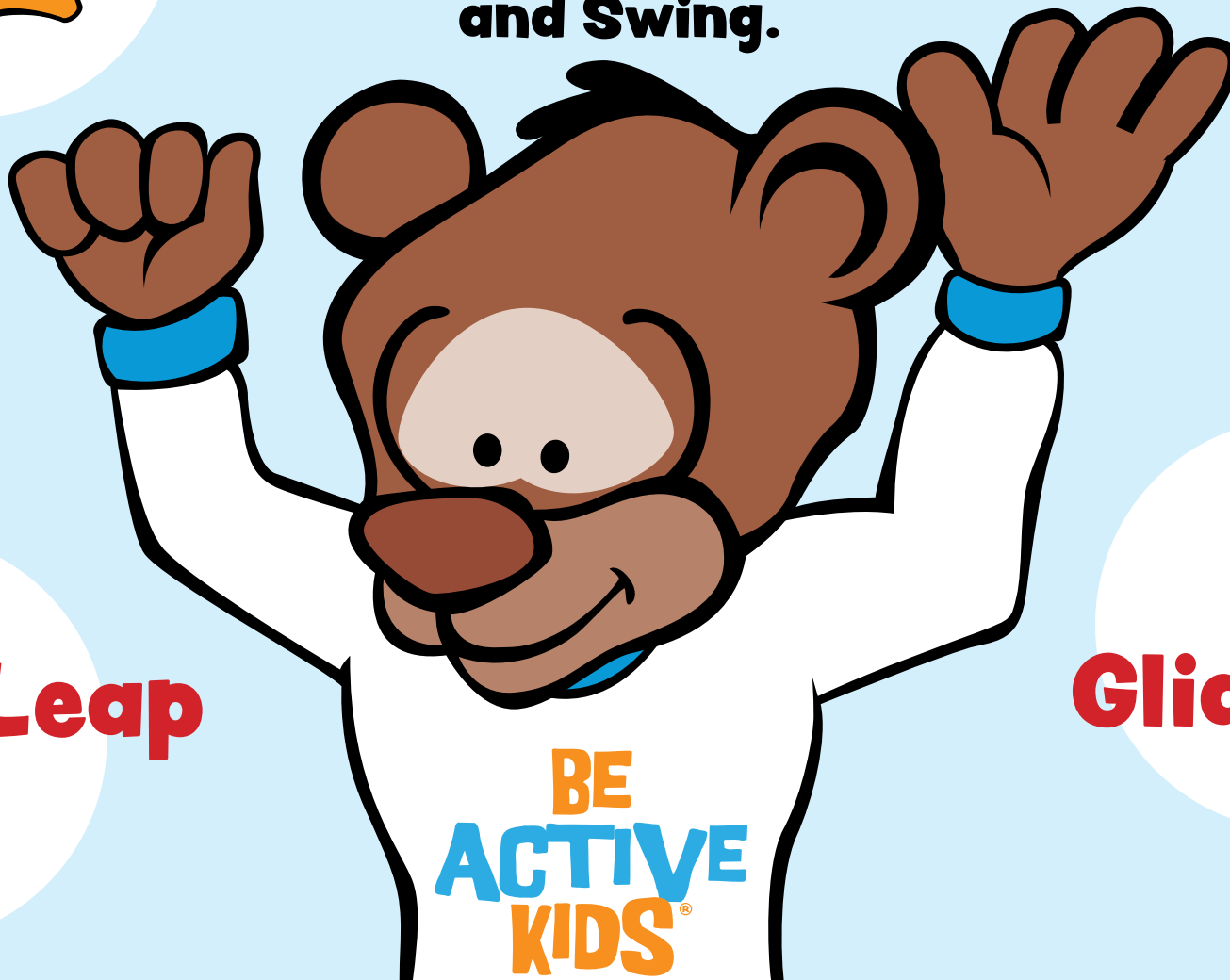
**Dart**



**Leap**



**Glide**



**BE**  
**ACTIVE**  
**KIDS®**

*Hey Blue, what are you up to?*

**Well, I'm going to the North Carolina Zoo to visit some of our friends. Want to come?**

*Of course, I love the zoo!*



**Great, let's go!**

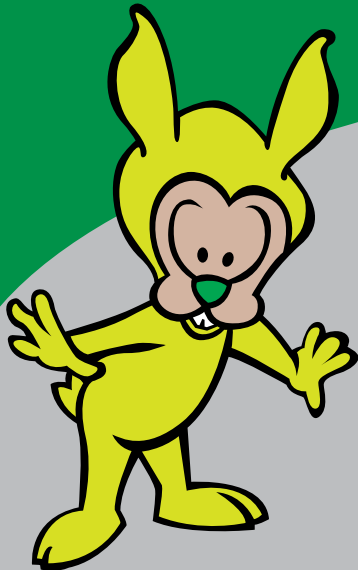
*It is nice that we live close enough to the zoo  
that we can ride our bikes.*

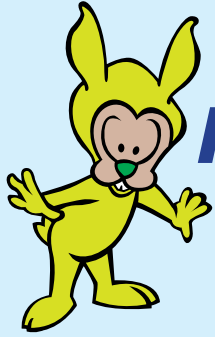
**Yes! Put your helmet on and let's go!**



*What do you want to do first at the zoo, Blue?*

**Well I want to see it all.  
I want to do the Zoo Trek!**

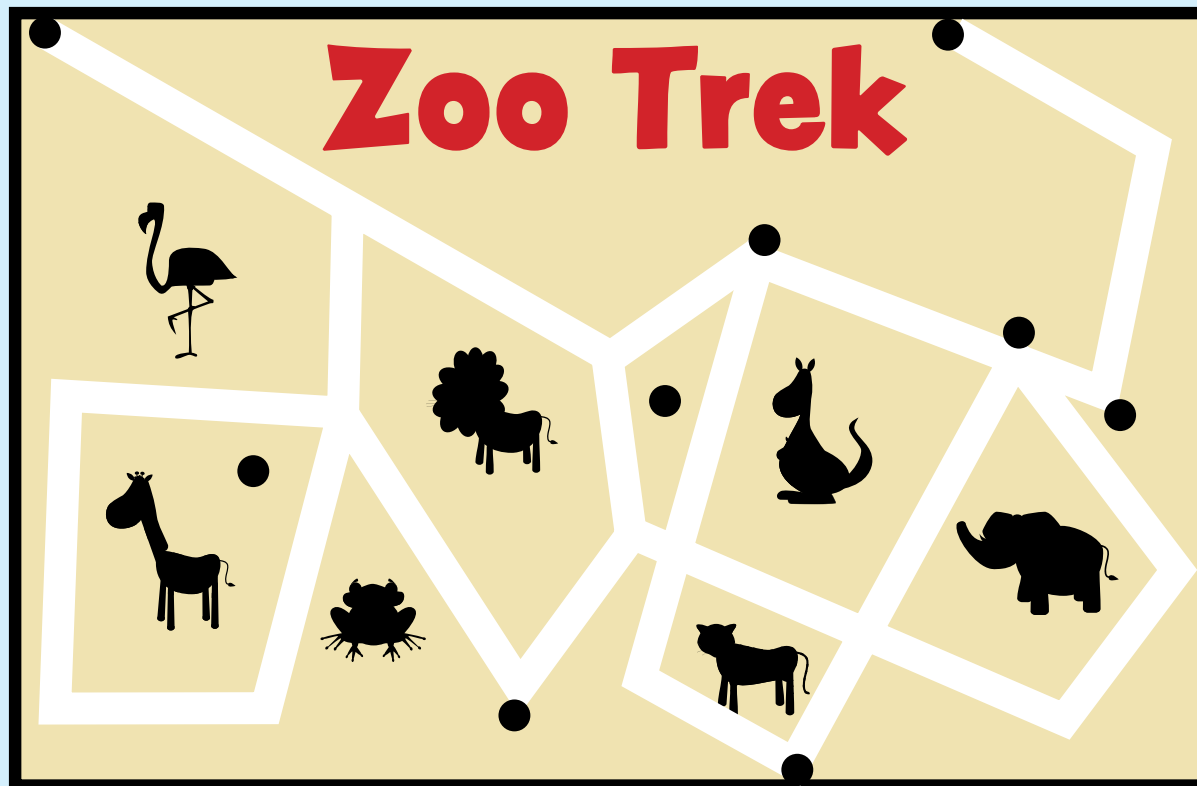




*How will we know where to go?*



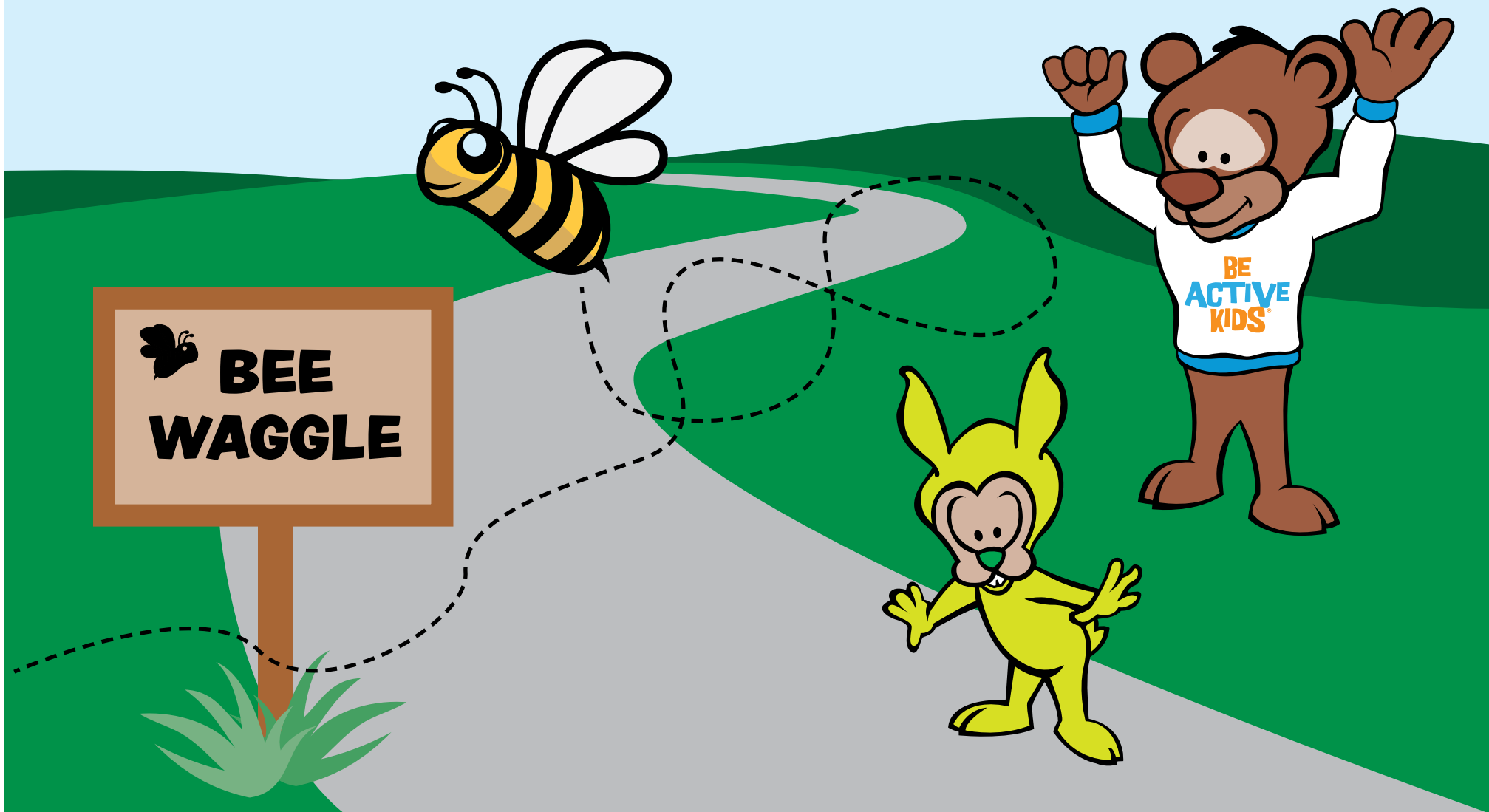
**We'll follow the map  
and it will tell us where to go.**



**Now we are at the bees. Follow the center line you see on the ground, while wagging your “stinger” back and forth making buzzing sounds. Then turn and pretend to fly in a figure-eight loop over and over again.**

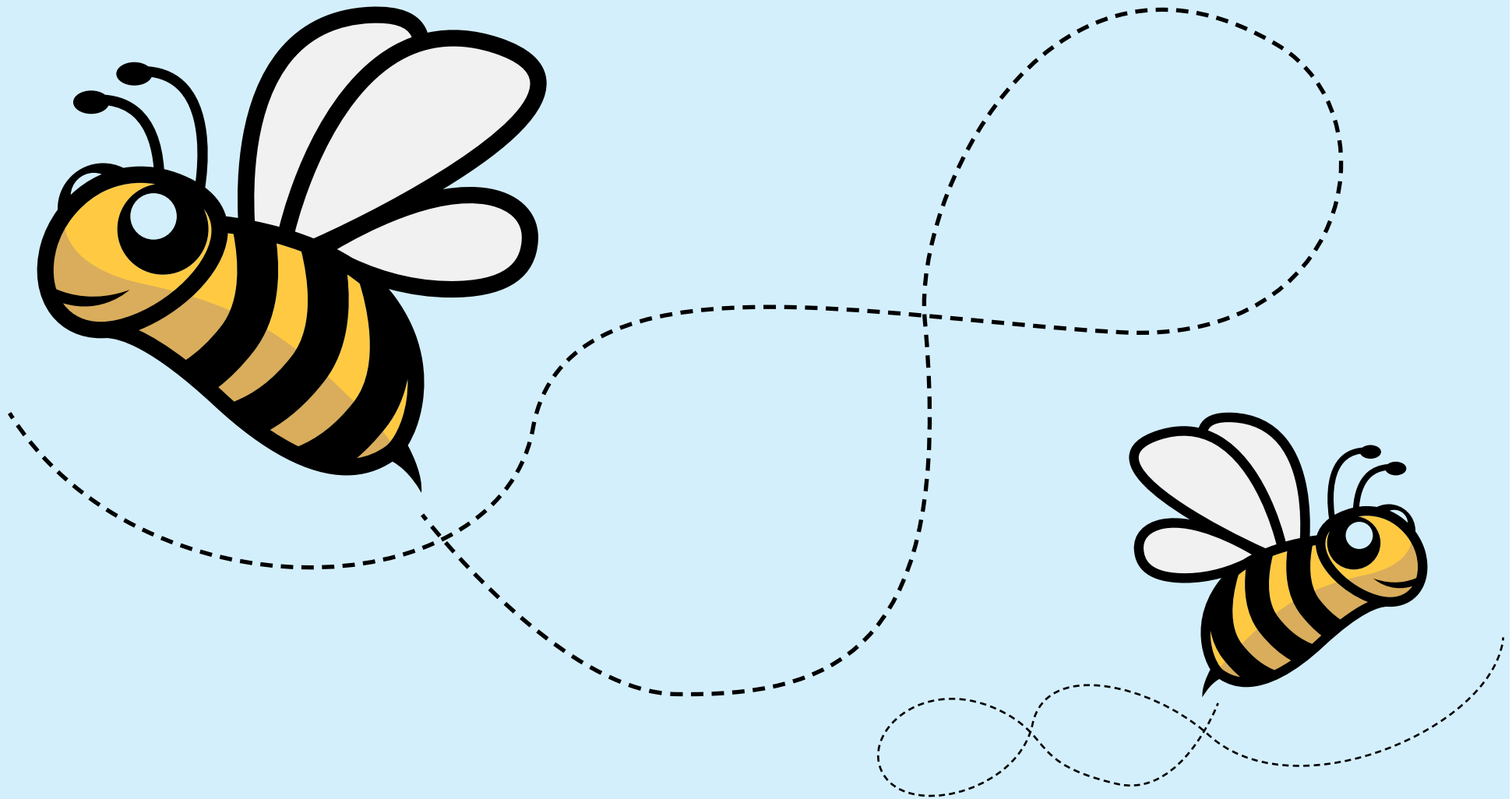
***What?***

**Just do what I do.**





We are  
**dancing**  
like bees.



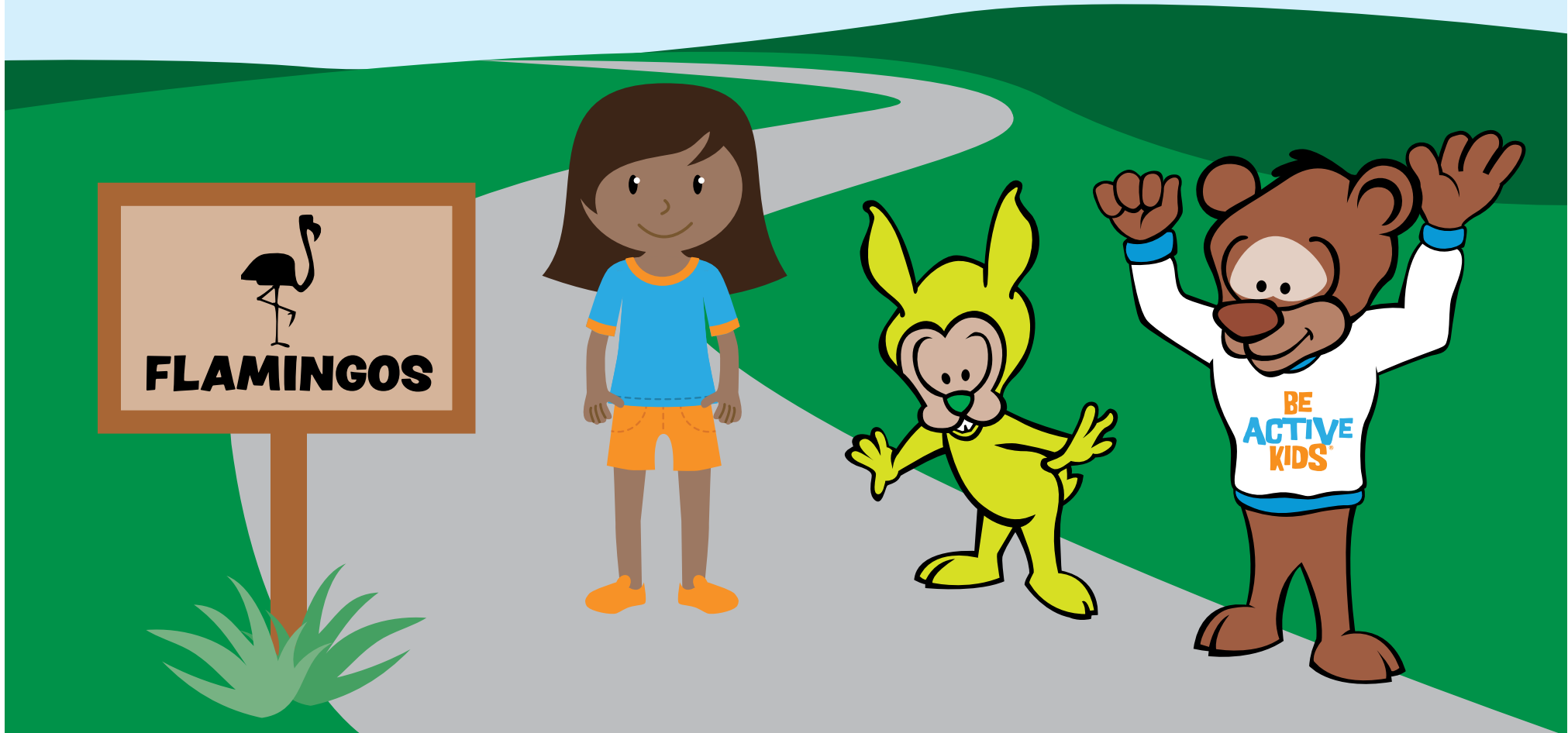


**When bees act like  
this they are telling  
other bees where food is.**

***Blue, Do you want to “buzz” to the next animal?***

**Their friend Linda is there to meet them.**

**The next animals on the map are the flamingos.  
Those birds do “wild yoga.”**

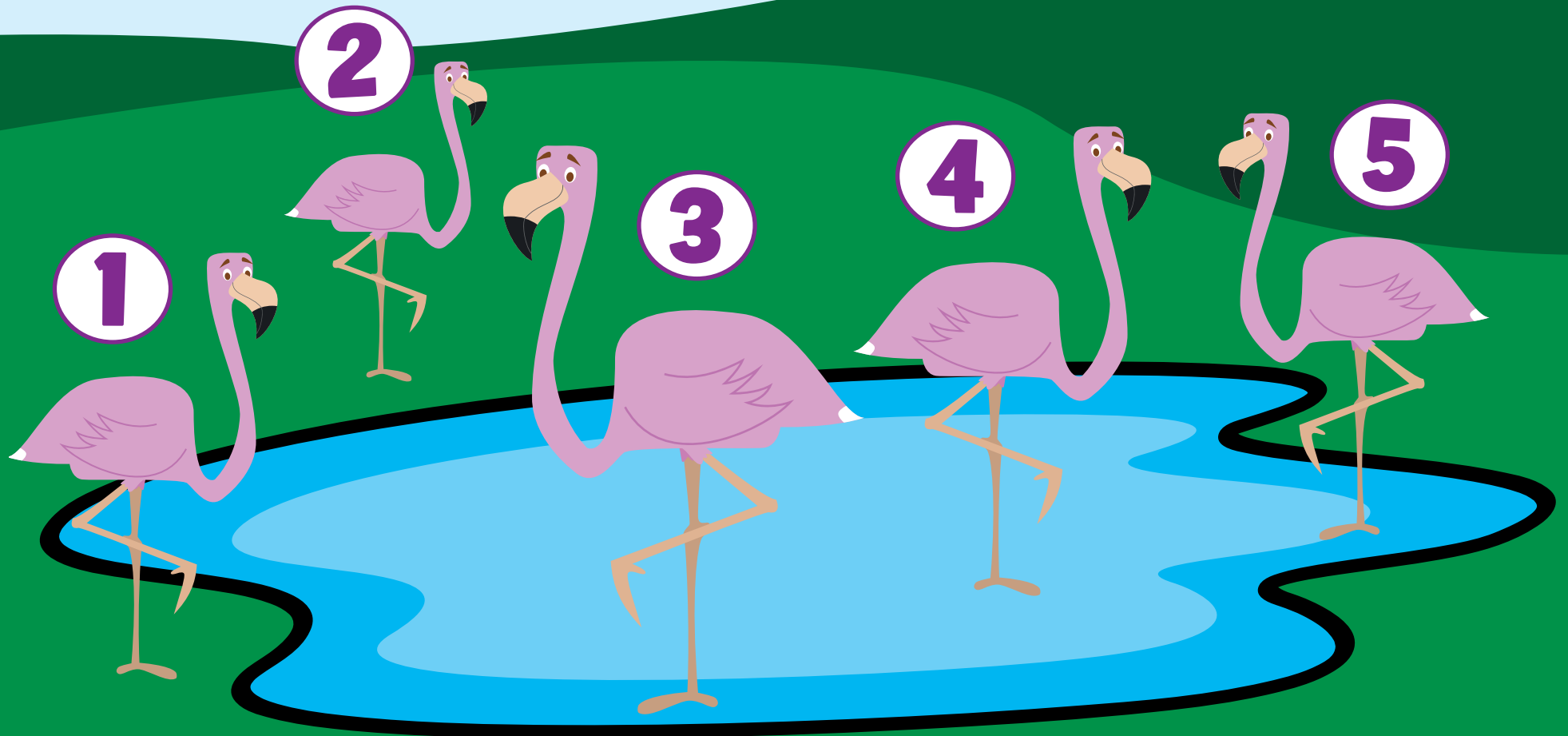


Flamingos **stand** tall,  
**press** the bottom of one foot  
to the inside of the other leg.  
They then gently **flap**  
their wings **up** and **down**.

*Blue, let's try  
to be flamingos!*



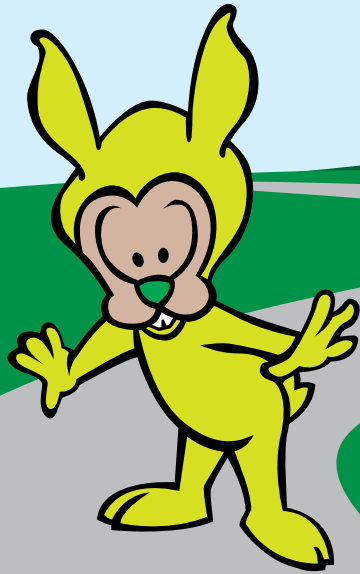
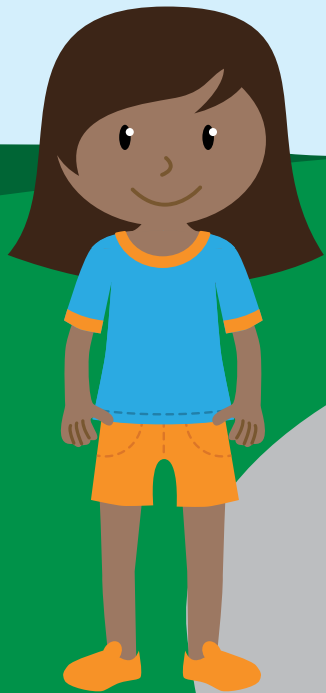
**Leap, pretending to be flamingos is fun!**



**Do you think you can count  
how many flamingos there are?**

# Great job!

## What animal do you think we will see next?

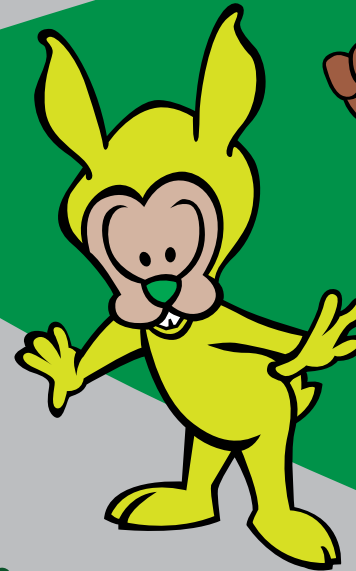
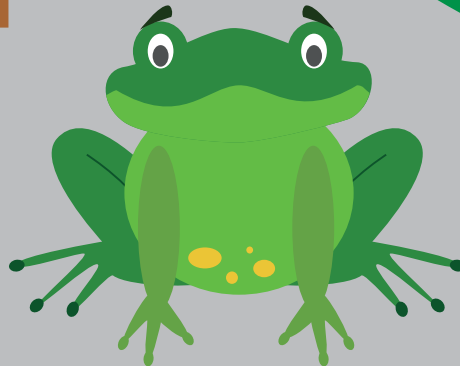
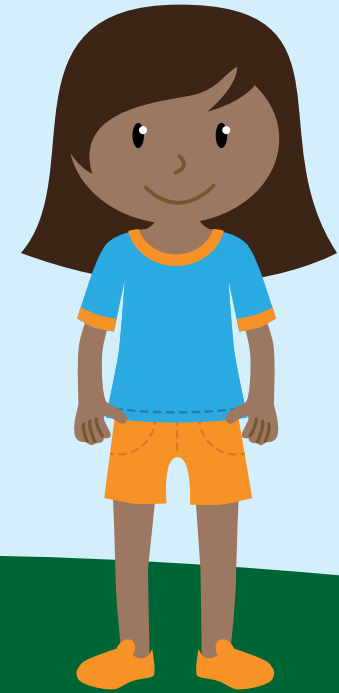


Let's **jog** to see  
the next animal.  
The frogs!

**They see a frog.**

**Linda tells the friends that some frogs  
jump over 7 feet, nearly 50 times  
their body length!**

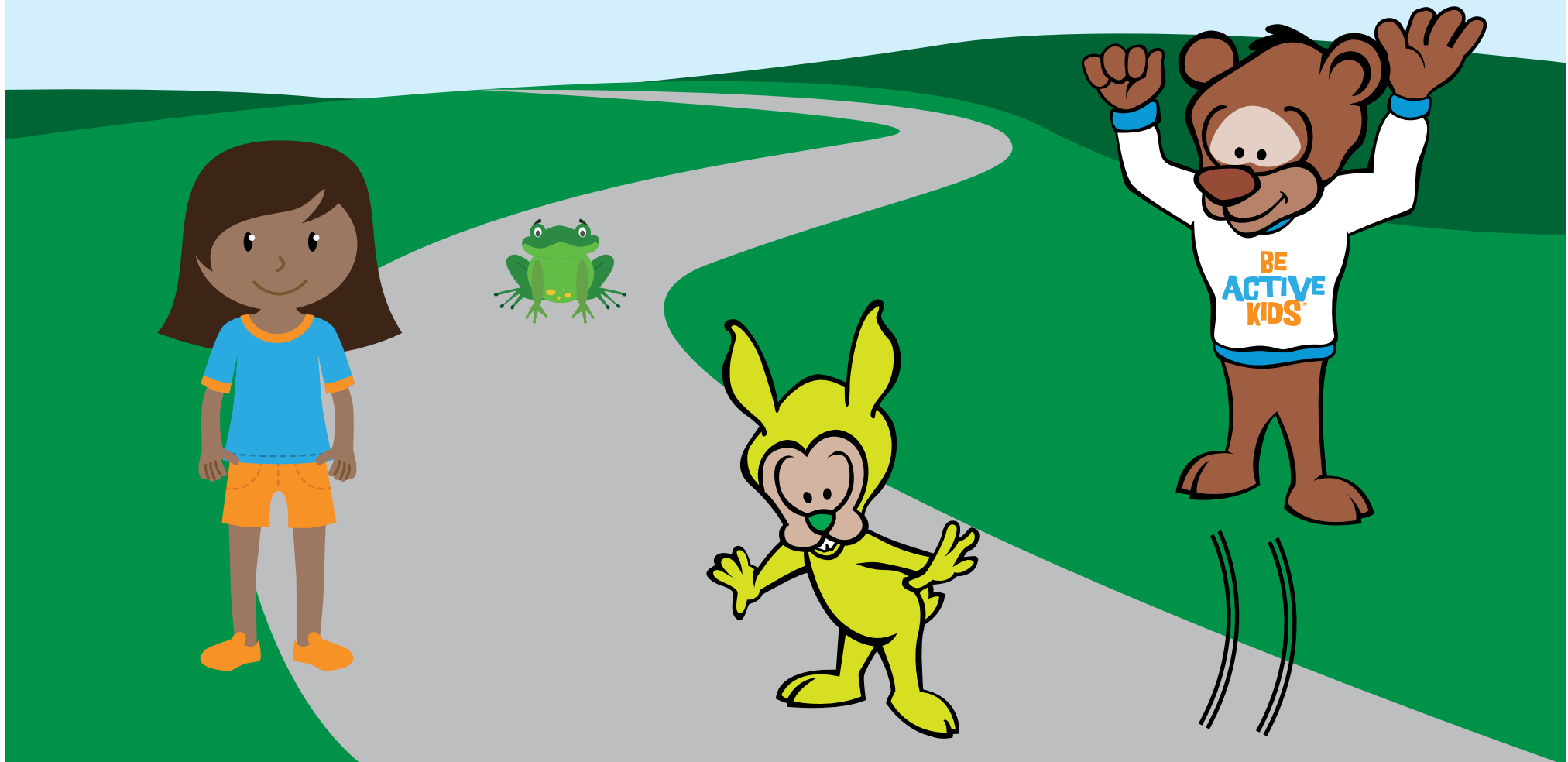
**How far can you jump?**



I love to **hop** and **jump**....  
I guess that is why I love to **skip** too.  
*Want to skip to the next animal?*

**Sure!**

**Remember to **step hop, step hop, step hop**...**

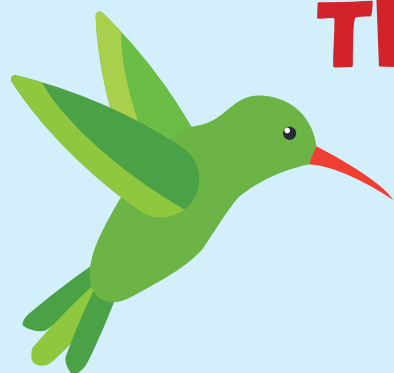




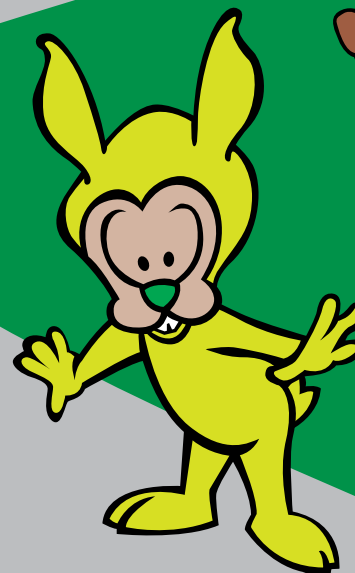
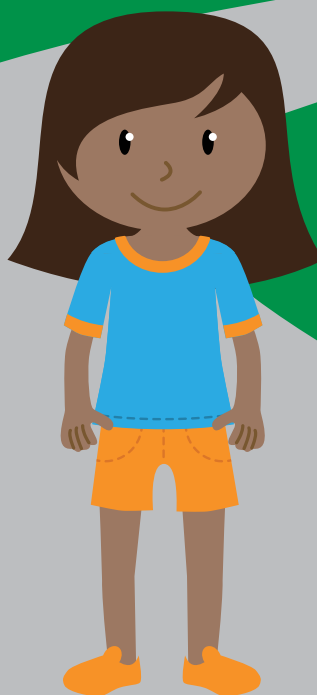


**Look, we are at the hummingbirds.  
Did you know that hummingbirds  
flap their wings 20 to 80 times a second?**

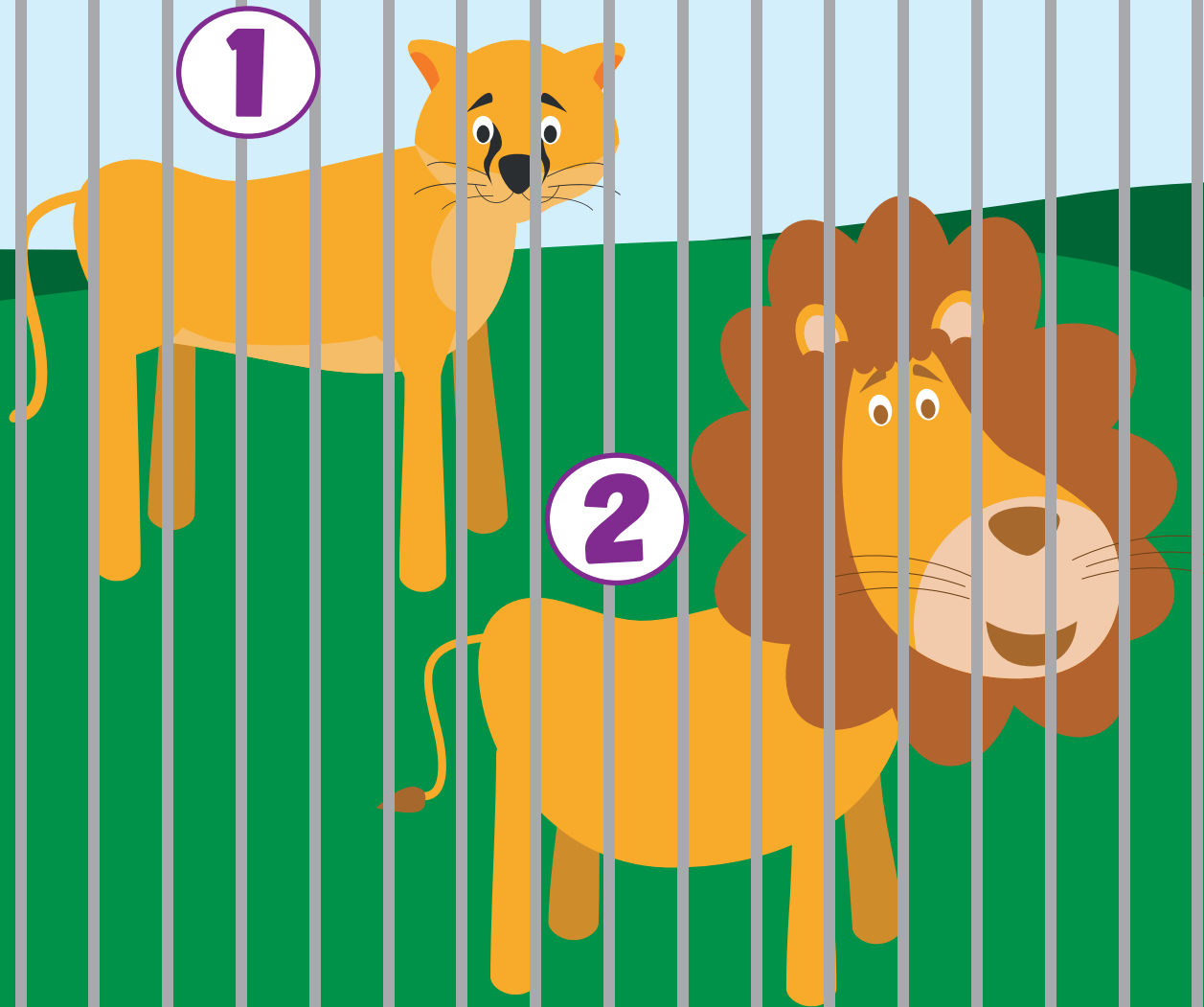
**Can you flap your arms that fast? Let's try!**



The friends **flap** their arms  
as hard as they can and  
**walk** to Africa  
where the next animal is.



# Lions!



Can you  
**count** how  
many lions  
you see?

**Lions like to stretch after a long nap.  
Can you stretch like a lion?**

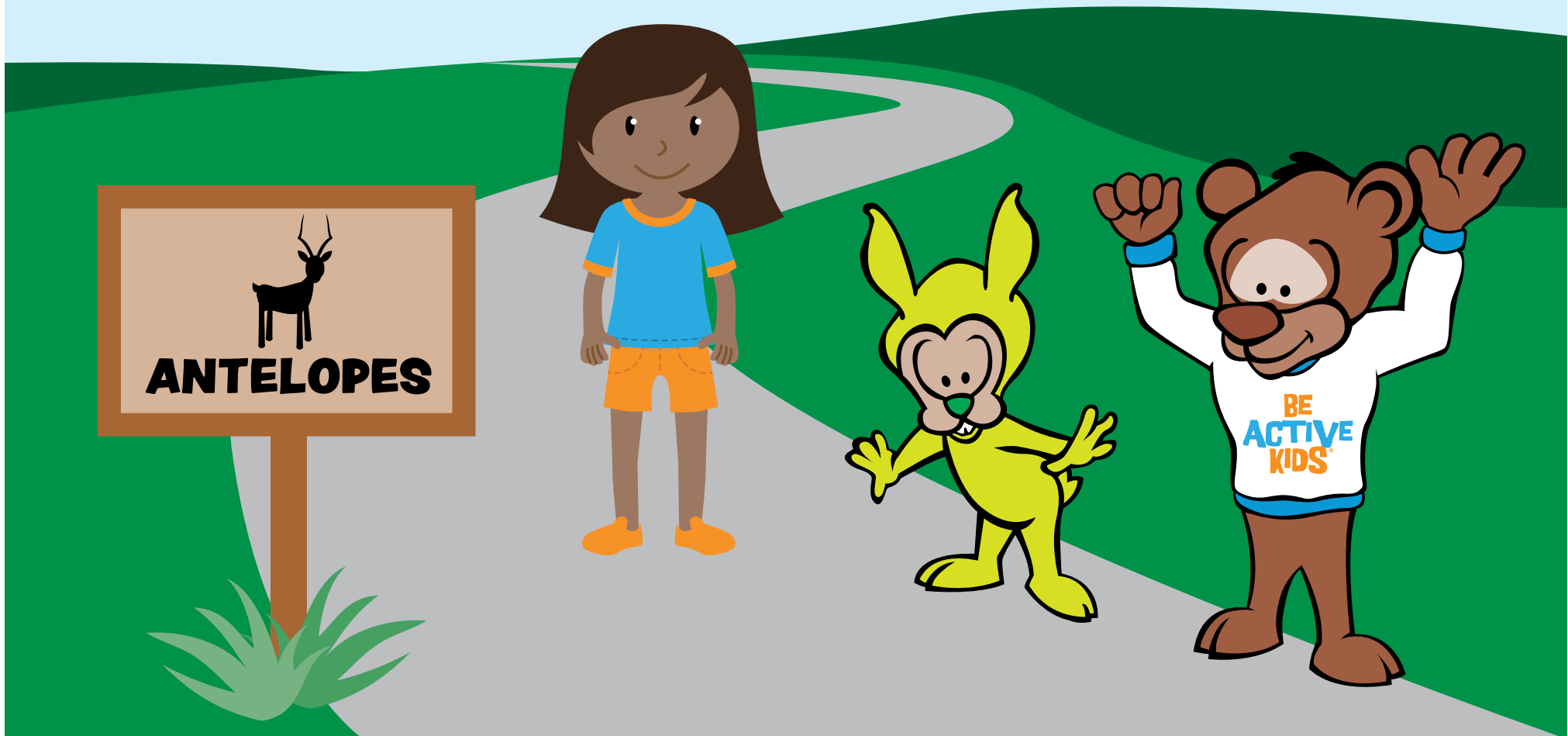


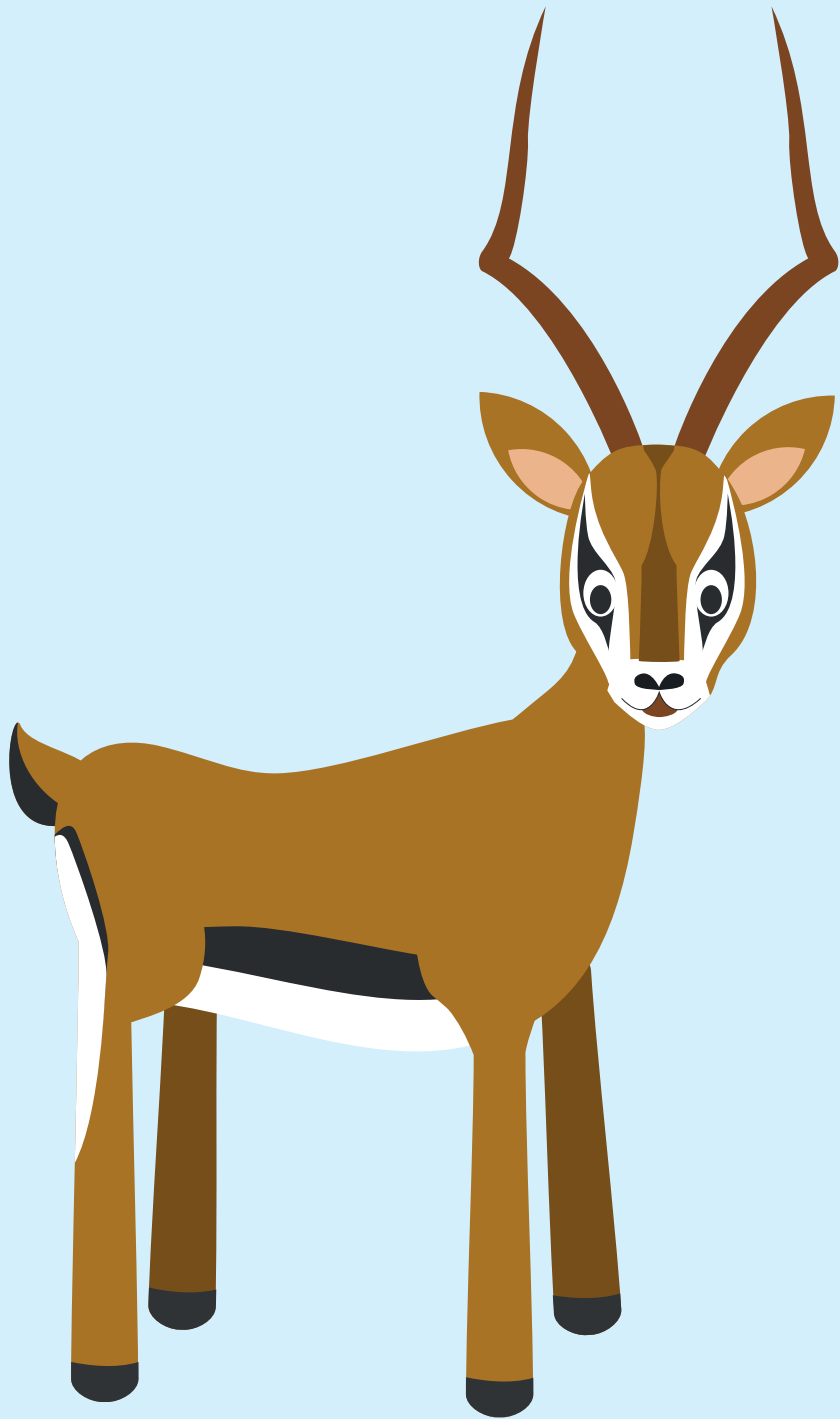
**Sit on  
your heels,  
raise your  
hands  
in the air,  
and stretch  
like a lion.**

Blue, Leap and Linda keep **walking**  
along the path to the antelopes.

The antelopes are very fast runners!

They can **run** as fast as a car for 20 minutes!



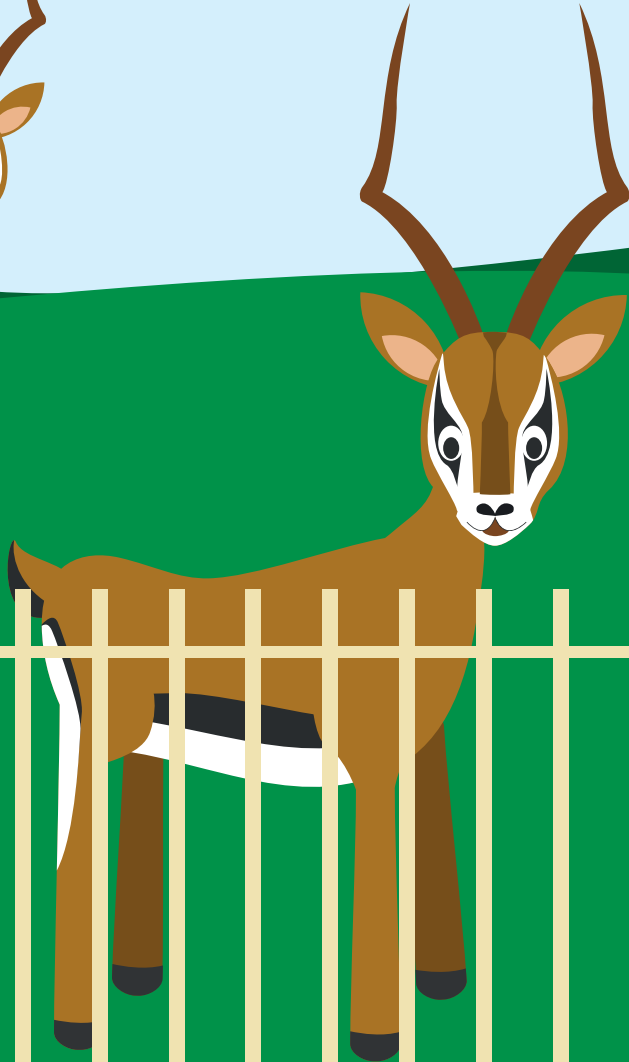
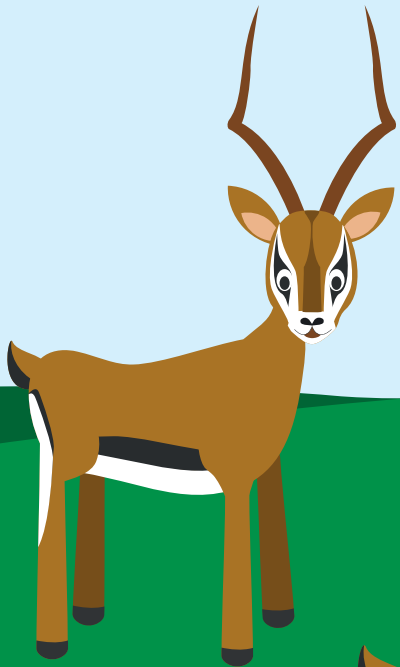


When antelope **run**  
it looks like they are  
**jumping**  
as they run.

This is called  
**pronking.**

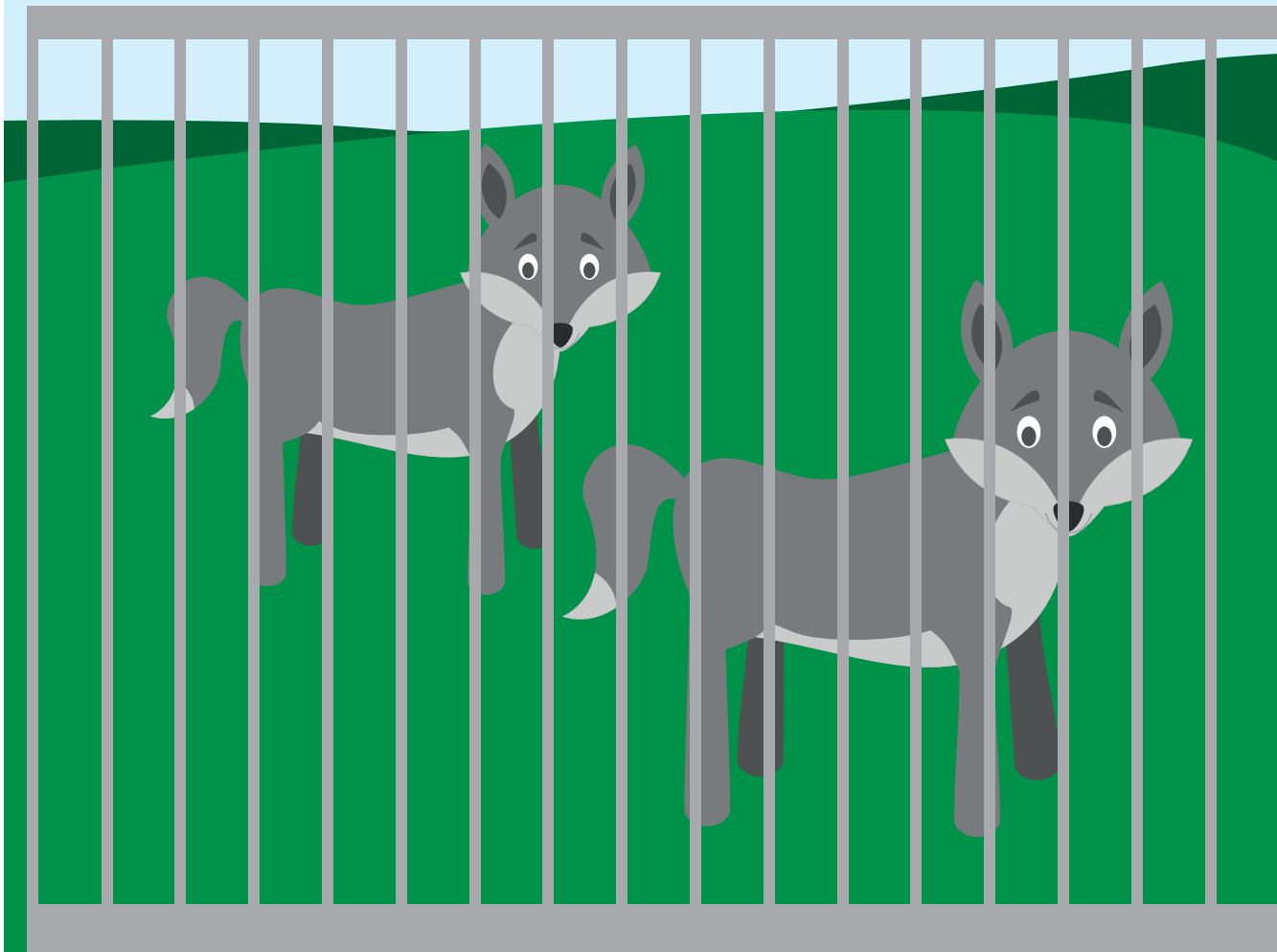
Can you **pronk?**

The friends **pronk**  
to go see the wolves.



# **Wolves are very quiet when they stretch around.**

**Put your arms up then bend to the ground  
with your hands on the floor. Walk your hands back  
and make an upside down “V”**





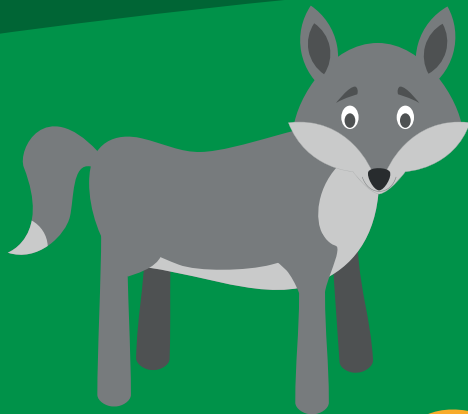
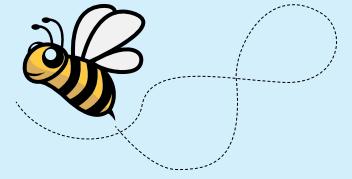
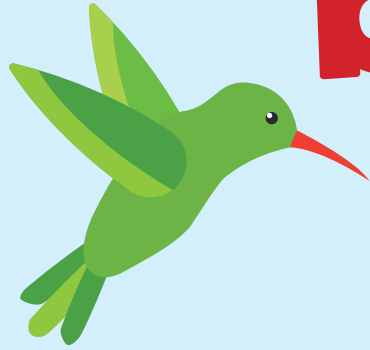
# The zoo was awesome!

It was fun moving like the animals  
and we learned a lot!



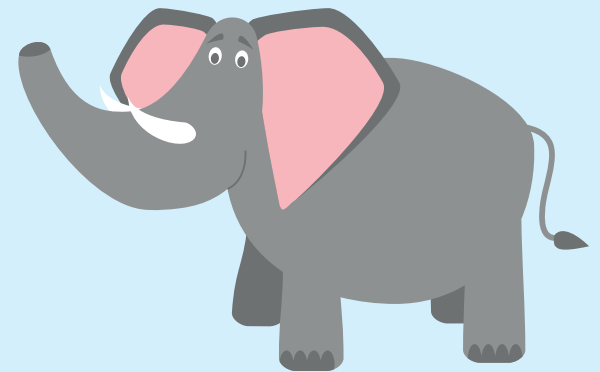
**THANK YOU**  
FOR COMING  
TO THE  
NORTH CAROLINA ZOO

**Next time you go to the North Carolina Zoo,  
be active  
with the animals!**



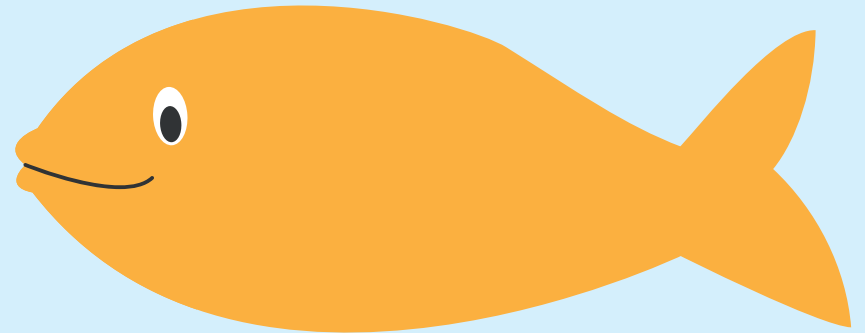
# Provider Tips:

- While reading, talk about the animals and the importance of zoos.
- Take the story outside to read and participate in activities taking place in the story.
- Practice learning objectives while reading the story; numbers, patterns, letters, letter sounds, and science concepts.
- Send tips, recipes, and activities from the book home for parents and children to work on.



# **Zoo Treks Mix**

- 1 cup Chocolate Teddy Grahams
- 1 cup Pretzels
- 1 cup Popped Popcorn
- 1 cup Animal Crackers
- 1 cup Goldfish Crackers



**Mix all ingredients together and portion out into small containers or Ziplocs.**

# Zoo Moves

Act like you are taking a trek through the zoo  
moving like the animals move.



**Bee Waggle:** “Waggle” your tail while walking in a figure 8

---



**Flamingo Pose:** Stand tall with press the bottom of one foot to the inside of the other leg or thigh

---



**Frog Hops:** Hop like a frog as high and as far as you can

---



**Hummingbird Flutter:** Flap your arms as fast as you can for 30 seconds

# Zoo Moves

Act like you are taking a trek through the zoo  
moving like the animals move.



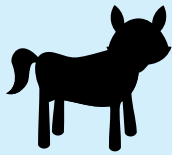
**Lion Stretch:** Sit on your heels,  
hands up in the air

---



**Antelope pronk:** Run and jump across the  
room a three times

---



**Wolf Stretch:** Stretch your arms up, then  
bend to the ground, with your hands on the  
floor. Step back into and upside down “V,”  
looking between your feet

# North Carolina



## Dancing with Bees

In the daytime, honeybee scouts fly around looking for nectar. If a scout finds a flower patch a long way from the hive, it will do the waggle dance to tell the other bees how far away the food is and the direction they should fly in to find it.

Follow the center line, while waggling your "tail" back and forth and making a buzzing sound. Then turn and follow the figure eight loops, over and over again.

The center line tells the other bees the way to the food. The number of waggles tells them how far away the food is.



## Wild Yoga

Many yoga poses imitate animals and nature. Can you stretch and pose like a flamingo? Watch how our own flamingos pose.

### Flamingo Pose

While standing tall, press the bottom of one foot to the inside of the other leg or the thigh. Focus on something straight ahead, keeping knee of lifted leg to the side. Bring arms out to the sides and gently flap your "wings."

Remember to BREATHE!



## HOP Like a FROG

Some tree frogs can jump over 7 feet (2 meters). That's nearly 50 times their body length! That is like a 6-foot (1.8-meter) human jumping 300 feet (90 meters).



How tall are you?  
How far can you jump?

## Be a Hummingbird

Small Hummingbirds beat their wings 30-70 times a second; larger hummingbirds 18-20 times a second.



How many times can you flap your "wings" in 30 seconds?

## Wild Yoga

Many yoga poses imitate animals and nature. Can you stretch and pose like the lion shown here? You may catch our own lions stretching!

### Lion Stretch

Sit on heels, hands up imitating claws. Stick tongue out, look up and ROAR!!!



Don't forget to BREATHE!!



## Antelope Pronking

Thomson Gazelle's are impressive sprinters. Gazelles will race from predators at speeds up to 50 mph for 15-20 minutes in bounding leaps called "pronking," making it more difficult for the predator.

A Thomson's Gazelle can cover 11 feet (3.6 meters) in 3 seconds.

How far can you "pronk" in 3 seconds?



## Wild Yoga

Many yoga poses imitate animals and nature. Can you stretch and pose like the wolf shown here? You may catch our own wolves posing, too!

### Wolf Stretch

Start by standing tall, then stretch arms up. Bend to the ground, step back into an upside down V, look between your feet. Count to 5 then drop knees down when finished.

BREATHE!!





# BE ACTIVE KIDS®

*Be Active Kids* is an award-winning program. This innovative, interactive health program for children ages birth to five is available to adults working in child care centers, child care homes, and schools across North Carolina. Its *evidence-based* and evidence-informed messages are carried out through five cuddly and adventurous *characters* including Blue the caring cub, Glide the bird, Swing the monkey, Leap the rabbit and Dart the dog. Using these characters as their guides, children can engage in playful experiences, interact with a story, explore their natural surroundings, and much more.

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