BE ACTIVE KIDS®

North Carolina ZOO

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

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For more information on the NC Zoo, check the NC Zoo web page at nczoo.org

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

1

2

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!
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
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. ©2020, Be Active Kids. All rights reserved.