



### **Run Like a Rabbit!**

- Draw a starting line in the dirt or in the pine needles (or lay down pieces of yarn/string)
- Draw 4 lines in the dirt or in the pine needles all equally spaced out in front of you (maybe 20 big steps apart)
- On your mark – get set - GO
- Whether by yourself or with lots of friends, run up to the first line, bend down and touch it with both hands, then run back to the starting line, bend down and touch it with both hands.
- Then go to the 2<sup>nd</sup> line and back to start, then go to the 3<sup>rd</sup> line and back to start, then go to the 4<sup>th</sup> line and back to start. Be sure to bend down and touch the lines with both hands every time!
- Pretend you are a rabbit with a hawk chasing you to see how fast you can go!
- If you get too fast, try doing it running backwards!

