**Mighty Roar Jumps**

## **How to play...**

### **1**

Run on the spot, then do a press-up.

 

**2**

****Next, jump up, roar and repeat! You can add in other animal noises for fun.

**3**

****See if your grown up or someone at home can follow you moves.

**4**

How long can you keep going? Can you do 10 minutes?