



## Animal Olympics

Our parks have amazing animal athletes that could be Olympic champions! Check out our animal facts and try these challenges with someone.

Red squirrels live in most of our national parks and can jump 150 centimetres!



### Spring like a squirrel!

Measure 150 cm on the ground and mark the start and end with two small stones (10 times as long as the ruler).

Jump from the first stone and measure how far your squirrel legs can go!

	1 <sup>st</sup> jump	2 <sup>nd</sup> jump	3 <sup>rd</sup> jump
Me	.....cm	.....cm	.....cm
Other person	.....cm	.....cm	.....cm

### Sprint like a cougar!

Mark a starting line to sprint from for 10 seconds. Ready cougars, run! When your time is up, mark your spot. Use your feet like a tape measure and see how far you ran.

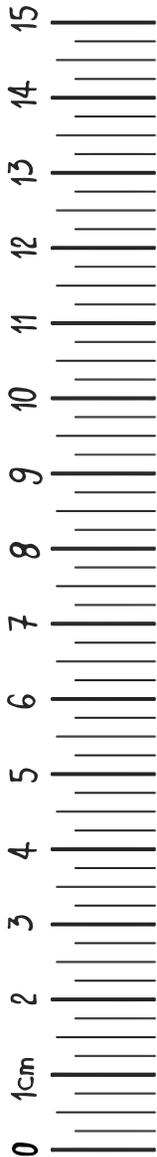
Psst! 2 big steps = 1 metre.

How far did you travel?

	1 <sup>st</sup> sprint	2 <sup>nd</sup> sprint	3 <sup>rd</sup> sprint
Me	.....m	.....m	.....m
Other person	.....m	.....m	.....m

Some cougars live in Banff National Park. They can sprint an average of 56 kilometres per hour!

That's like running past 11 parked school buses, one behind the other, in 10 seconds!





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### Crawl like a seal!

Use stones to make start and finish lines two metres apart for a race. Then lie on your belly with your legs stretched behind you. Cross your feet and rest your palms on the floor just below your shoulders. Get ready to crawl like a seal by using your arms to move while dragging your feet behind you.

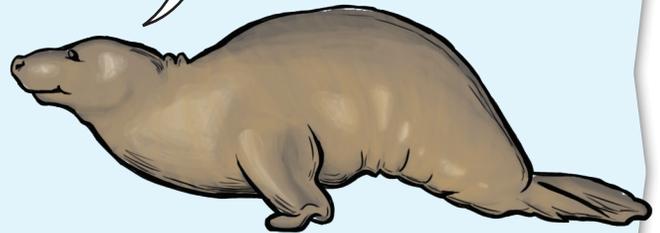
### Ready, set, go!

The winners of:

1<sup>st</sup> race \_\_\_\_\_

2<sup>nd</sup> race \_\_\_\_\_

Grey seals live in the North Atlantic Ocean, along Canada's East Coast. Male grey seals are up to 2.3 metres long – taller than human adults! They also weigh as much as a motorcycle!



Snowy owls live in Canada's Arctic.

People have even seen them as far south as Kouchibouguac National Park.

Snowy owls hop to scare their prey hiding under the snow!



### Hop like a snowy owl!

Raise your arms like an owl's wings and stand on one foot. Hop forward and count out loud how many hops you can take!

	1 <sup>st</sup> round	2 <sup>nd</sup> round	3 <sup>rd</sup> round
Me	.....#	.....#	.....#
Other person	.....#	.....#	.....#