

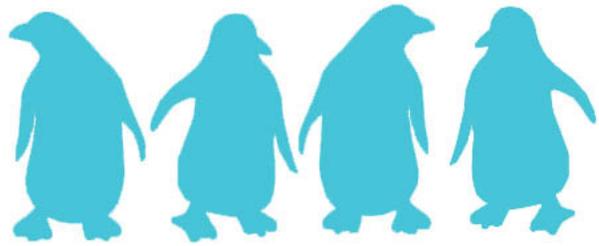
EXERCISE: Penguin March

AGES: 4 years and up

TIME: 15-30 minutes

SET-UP: This exercise works best in an open space

SUPPLIES: None



In *Mr. Popper's Penguins* the lovable Mr. Popper dreams of a life as a polar explorer. One day he is surprised by a unique gift sent by polar explorer Admiral Drake all the way from Antarctica—a penguin!

In this exercise, students will learn how to embody animals and explore environments using movement, voices, and facial expressions.

INSTRUCTIONS:

Choose one person to be the emperor penguin and have all but that participant stand in a line on one side of a room. Make sure there are no physical obstacles in the way, as everyone will be crossing the room from one side to the other. The person acting as the emperor penguin will stand on the other side of the room and declare, "I am an emperor penguin and to get to me you must (fill in the blank)." Each fill in the blank portion should define an environment, animal, and a kind of movement.

FOR EXAMPLE:

- To get to me you must slide across an ice floe like a seal.
- To get to me you must swim in a pod like orca whales.
- To get to me you must hop across a rocky field like a family of penguins.

As everyone crosses the room towards the emperor penguin, ask them to think carefully about the following: How should they use their bodies to depict the movement of the animal? Do those animals move low to the ground? Slide on their bellies? Or use all four legs to move? What sounds does the animal make? Don't forget to use facial expressions. Think about how the conditions of the environment affect how those animals move.

Once everyone has crossed the room, the emperor penguin moves to the other side of the room and the activity repeats using a new method of movement and environment. When everyone is familiar with the game, select someone to be the new emperor penguin who tells the group how to cross. Allow every person to have a chance deciding how the group will cross.

SOME ANIMALS THAT LIVE IN ANTARCTICA TO RESEARCH: emperor penguins, Weddell seals, wandering albatross, elephant seal, orca whales, snowy sheathbill, leopard seal, krill

SOME ANTARCTIC ENVIRONMENTS: glaciers, ice fields, icebergs, snowy mountains, ice floes, ice walls, moss-covered rocks, rocky mountain peaks, ocean