

Unleash Your Child's Imagination with My First Animal Moves!

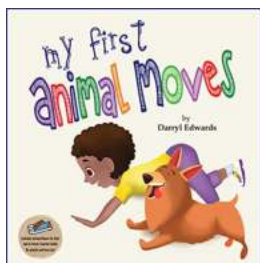


Welcome to an amazing journey through nature with My First Animal Moves! Your child's imagination will soar as they explore the wonders of the animal kingdom through interactive play and movement. With fun-filled activities and engaging content, this innovative program is designed to promote physical fitness, creativity, and a love for nature. Get ready to embark on an unforgettable adventure!

Why My First Animal Moves?

In today's digital age, it is more important than ever to encourage children to engage in physical activities that promote a healthy lifestyle. My First Animal

Moves provides a unique and exciting platform for them to develop their motor skills, coordination, and balance while helping them discover the fascinating world of animals. By combining movement with educational content, this program offers a holistic approach to learning and development.



My First Animal Moves: A Children's Book to Encourage Kids and Their Parents to Move More, Sit Less and Decrease Screen Time

by Darryl Edwards (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 4535 KB

Screen Reader : Supported

Print length : 36 pages

Lending : Enabled



With My First Animal Moves, children can unleash their creativity and step into the shoes of their favorite animals. Whether they want to be a graceful giraffe, a mighty lion, or a playful monkey, the program encourages them to mimic the movements, postures, and sounds of various animals through fun exercises and games. Through imaginative play, children not only strengthen their bodies but also develop their cognitive and social skills.

The Benefits of My First Animal Moves:

1. **Physical Fitness:** By engaging in animal-inspired movements, children can improve their physical fitness levels, agility, and overall well-being. These exercises promote muscle strength, flexibility, endurance, and cardiovascular health, setting the foundation for a healthy lifestyle.

2. **Creativity and Imagination:** My First Animal Moves stimulates the imagination and encourages children to think outside the box. The program allows them to explore various animals, their habitats, and characteristics, fostering a sense of wonder and curiosity.
3. **Motor Skills Development:** By imitating animal movements, children enhance their gross motor skills, coordination, balance, and spatial awareness. They learn to control their bodies and execute movements with precision, laying a strong foundation for future physical activities.
4. **Cognitive and Social Development:** Through interactive games, storytelling, and teamwork, My First Animal Moves promotes cognitive development and problem-solving skills. Additionally, children develop social skills by playing with their peers, sharing experiences, and learning to communicate effectively.
5. **Stress Relief:** Imagination and physical activity go hand in hand to help children manage stress and anxiety. By immersing themselves in the animal world and engaging in playful movements, children can alleviate tension and improve their emotional well-being.

How Does My First Animal Moves Work?

My First Animal Moves offers a user-friendly and interactive platform that caters to children of different ages and abilities. The program comprises various modules designed to gradually introduce children to the animal kingdom while ensuring a fun and engaging experience.

Module 1: Animal Discovery

In this module, children embark on a virtual safari where they learn about different animals, their unique characteristics, and natural habitats. Through stunning visuals, animations, and interactive quizzes, children familiarize themselves with

various animal species. This module serves as the foundation for the subsequent modules.

Module 2: Animal Movements

Once children have learned about animals, they get to explore the movements and postures associated with each species. With the help of step-by-step videos and guided exercises, children can imitate the movements of their favorite animals. From the elegant swan to the playful dolphin, the possibilities are endless!

Module 3: Animal Adventures

In this module, children embark on exciting adventures, combining their newfound knowledge of animals with imaginative play. They can engage in animal-themed games, join virtual habitats, and even create their own stories using the interactive storytelling feature. This module encourages children to express their creativity and develop their own narratives.

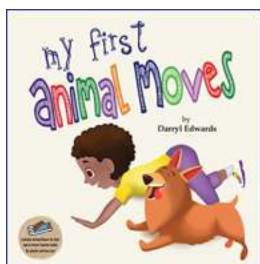
Module 4: Animal Challenges

This module introduces more advanced challenges for children who are ready to take their animal movements to the next level. With progressively difficult exercises and fun competitions, children can push their physical and cognitive limits while having a blast!

Unlock the World of Animals Today!

My First Animal Moves is a transformative program that combines education, physical activity, and interactive play to unlock the wonders of the animal kingdom. With its captivating content, innovative approach, and user-friendly platform, this program will become your child's favorite companion in exploring the natural world. Embrace the opportunity to foster your child's growth and

development through the power of movement and imagination. Join us on this extraordinary adventure today!



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Nathan loves to play, but he loves his video games more.

Can a trip to Animal Moves land convince him there's more fun outdoors? Best-selling author and speaker Darryl Edwards has created this fun adventure inspired by his passion for encouraging kids to move in an ever-increasing sedentary environment.

MY FIRST ANIMAL MOVES

Discover the joys of animal moves with your little cubs in this first book of movement. Join Nathan and his cute, but sometimes lazy, dog as they crawl, jump and balance their way through the animal kingdom re-enacting moves designed to emphasise fun. It's all in this exercise for kids book that focuses on family fun boredom busters.

HELPING KIDS MOVE AND GETTING KIDS OFF SCREENS THROUGH FUN ANIMAL PLAY

- Do you want to make physical activity for kids fun?
- Are you looking for ways to help your children develop strength, coordination and balance?
- Do your children love learning about animals?
- Are you worried about too much TV and screen time?
- Do you want to teach young children about the importance of physical activity?
- Would you like easy and fun fitness games to include in your day?

My First Animal Moves is your answer. Play along together, keeping everyone healthier and happier, promoting physical, mental and emotional well-being. You'll all release more mood-enhancing hormones as a result, which help you feel good every day.

It's written by professional movement coach and award-winning author Darryl Edwards who is best known for his groundbreaking TED Talk "Why working out isn't working out", viewed over a million times worldwide. My First Animal Moves distils the ideas in his bestselling Animal Moves book and Animal Moves Fitness Decks into a colourful picture book for children.

A Children's Book to Encourage Kids and Their Guardians to Move More, Sit Less and Decrease Screen Time.

This unique story takes a different stance to many popular titles in this arena, with a fun activity that encourages children's active play while aiming to get families moving and reading together. It takes the humour and colour in kids' yoga books

such as Breathe Like a Bear by Kira Willey, Yoga Bug by Sarah Jane Hinder, and You Are a Lion by Taeun Yoo to a whole new energy level with active play for the entire family.

Get My First Animal Moves to help your family thrive through movement today.

EDITORIAL REVIEWS

"A fun way of keeping children moving in a world of screens. Highly recommended!" 5 Stars

All in all, this is perfect for any parent who's sick of children spending too much time staring at a screen. The story, filled with owls, elephants, bears and even crabs, will (hopefully) have them up and moving in no time at all. So, if you want your child to try doing the Crab Walk, the Crane Pose or the Monkey Climb, grab a copy now. It'll help to keep them fit, and they'll have fun too!

— A 'Wishing Shelf' Book Review

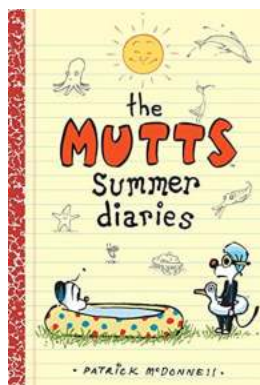
"My First Animal Moves is a picture and activity book that encourages both parents and children to learn about animals through movement and play."

The illustrations are bright and colourful, with funny quips from Lola the dog as Nathan learns the new actions in Animal Moves land. There's an enthusiasm throughout that I think could encourage young readers to get excited and try all of the different moves as their parents or a teacher reads to them.

A great concept and interesting new way to get children moving.

— Books We Love, LoveReading4Kids (The UK's Leading Book Recommendation Website)

*** PLEASE NOTE THE KINDLE EDITION CONTAINS TEXT POP-UPS WITH ADDITIONAL CONTENT NOT AVAILABLE ELSEWHERE ***



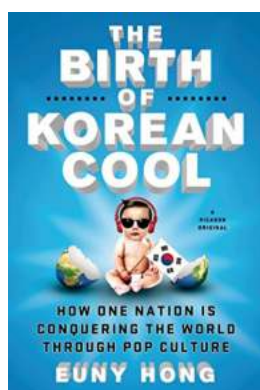
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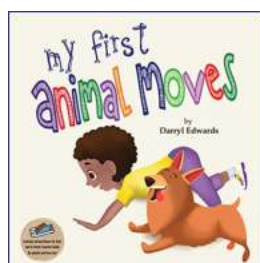
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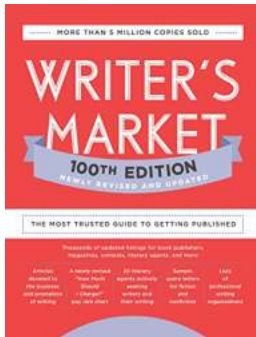
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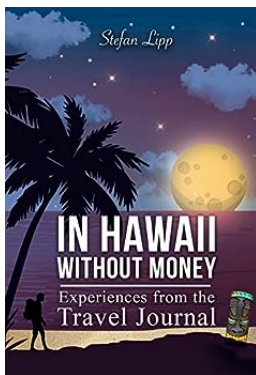
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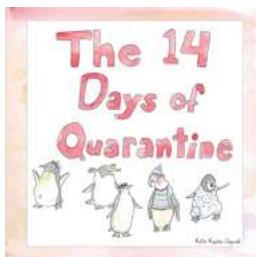
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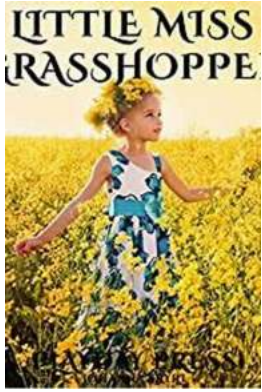
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