

Insect Fitness Challenge

Insects have been on earth for millions of years – even longer than people! They live everywhere and come in thousands of shapes, colors and sizes. Although many may be small, they are also mighty and do important jobs.

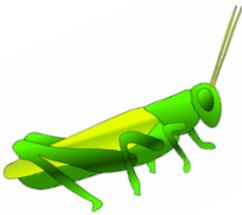
Try these insect exercises! See if you can be as mighty as some of these insects!



Butterflies are great at flapping their wings. They can flap their wings 5 times in one second. **Fly like a butterfly and flap your wings 25 times!**



Ants are strong! They can lift things 50 times their own weight (that would be like a person lifting a car!) **Do 10 push-ups to build up your ant arms!**



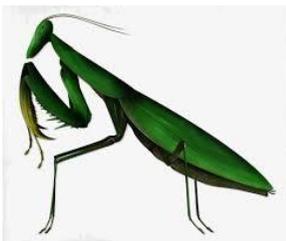
Grasshoppers have very strong back legs. They use them to jump up to 30 times the length of their bodies. That would be like you jumping as far as a football field in one jump! **Use your strong legs to jump as high as you can for 15 jumps (or if you have the space, try jumping as far as you can 5 times!)**



Honey bees tell each other where they have found flowers and nectar by doing a special dance called a waggle dance. **Wiggle your body, buzz, and turn around 8 times to do a waggle dance for your hive.**



Dragonflies are one of the fastest flying insects. They are experts at flying up, down, sideways, and backwards! **Be a zippy dragonfly! Hold your wings out to your sides and jump from side to side for a count of 20!**



Praying Mantises are large insects that blend in with their environment (that is called camouflage.) When they sit very still on a plant, they look like leaves or branches. This helps them catch bugs by surprise. **Sit very still like a praying mantis and become invisible. DO NOT MOVE. Count to 10, then catch a bug with your hands to eat!**

Well Done! If you still have energy, try it all again!