

Moving calms your mind and body, too.  
How many animal movements can you do?

First Edition  
22 21 20 19 18 5 4 3 2 1

Illustrations © Nicole LaRue

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Published by Gibbs Smith  
P.O. Box 667 Layton, Utah 84041

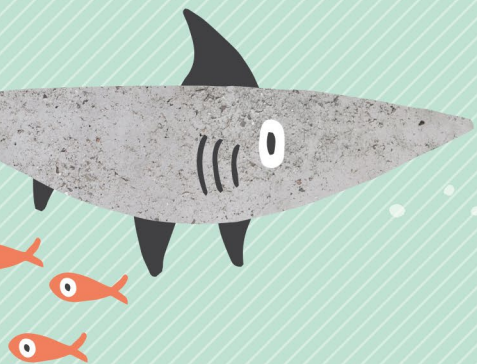
1.800.835.4993 orders  
www.gibbs-smith.com

Designed by Nicole LaRue

Manufactured in Heshan, China, in January 2022 by  
Leo Paper Production, Ltd.

Gibbs Smith books are printed on either recycled, 100% post-consumer waste, FSC-certified papers or on paper produced from a 100% certified sustainable forest/controlled wood source.

Library of Congress Control Number: 2021946769  
ISBN: 978-1-4236-6014-9



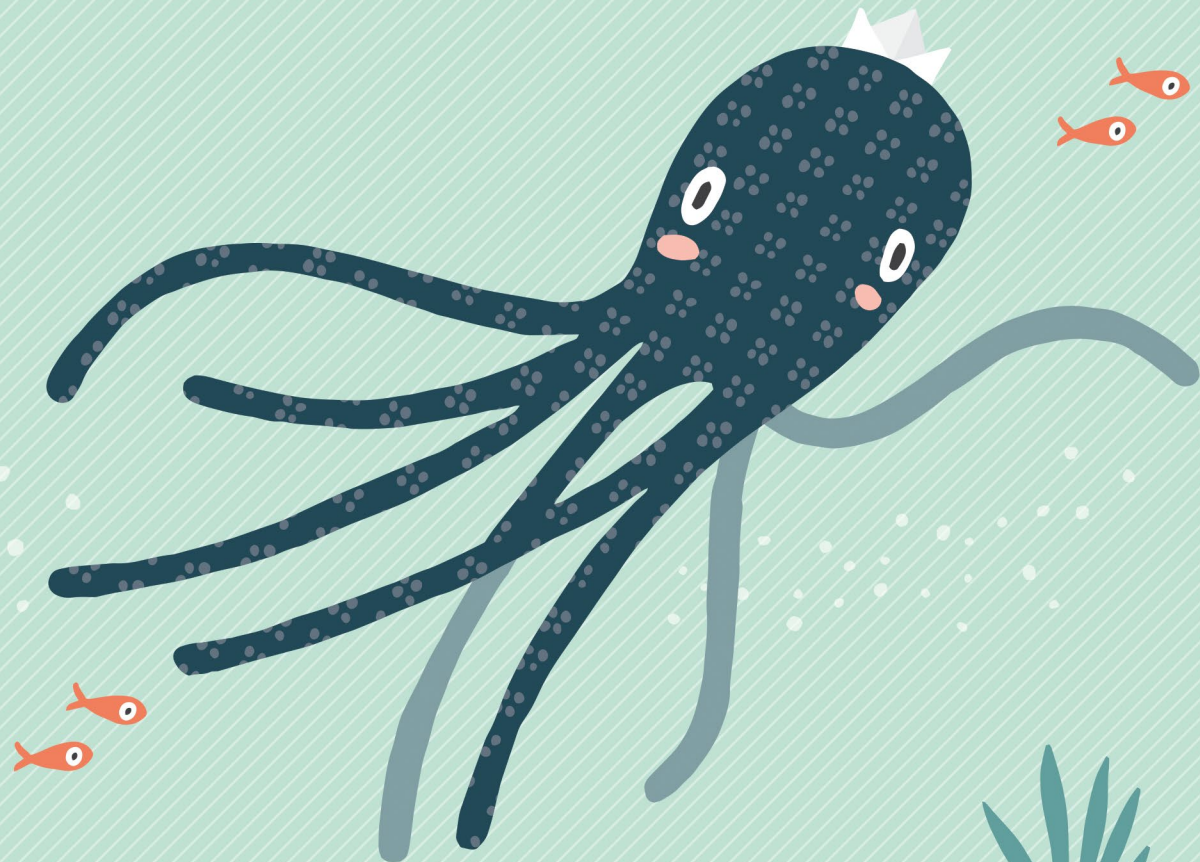
# Sway Like an Octopus



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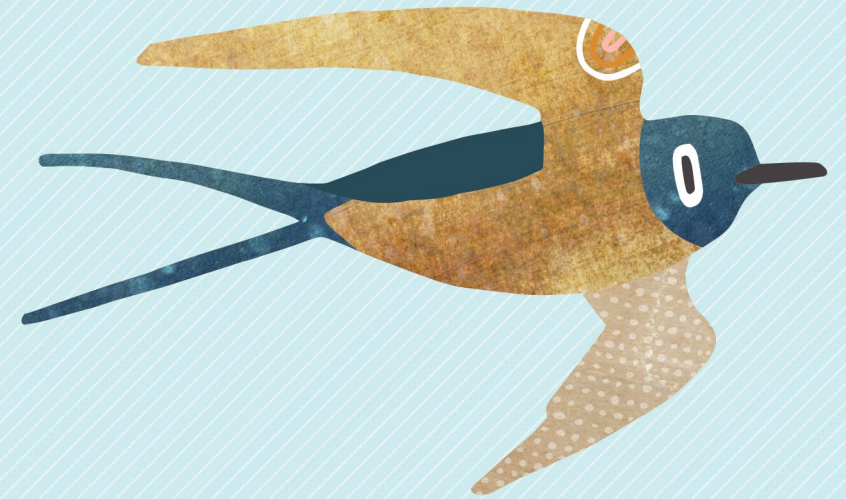
# Sway Like an Octopus



By Nicole LaRue

Moving calms your mind  
and body, too.

How many animal movements  
can you do?



Pretend you're a bird  
gliding through the sky.

Flap your arms  
like powerful wings.

Now you're a playful puppy  
rolling across the ground.

Can you wag your tail?



Crawl like a turtle  
inching across the floor.  
How slow can you go?



Bend one leg, keeping  
the other on the floor.

You're a gentle pink flamingo  
balancing in the tide.

