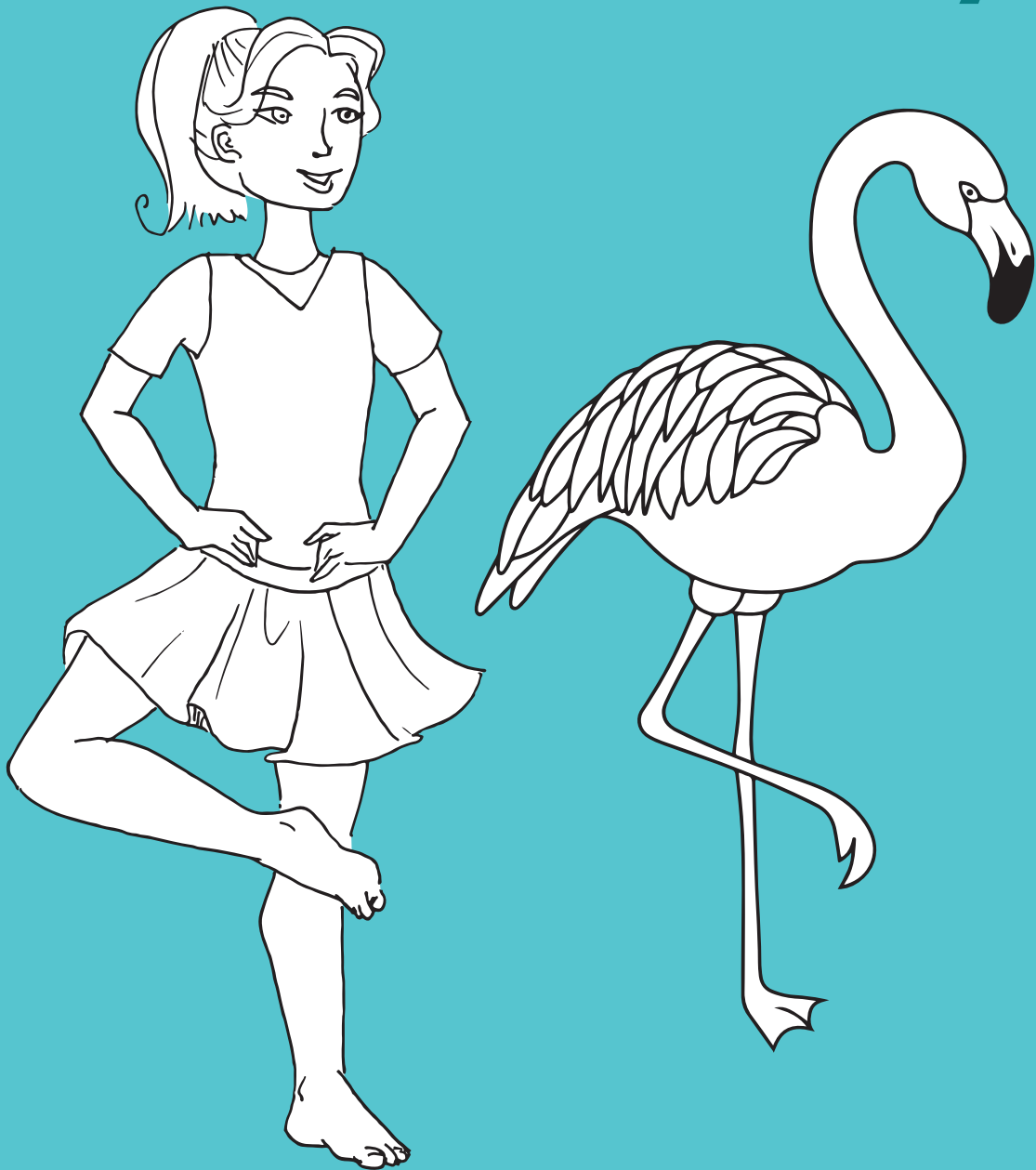


Auckland Zoo Education Pack

Primary



Theme: Staying Healthy

Zoo Lesson plan

Theme: Primary (ages 5-11) STAYING HEALTHY

What will I learn: How animals at Auckland Zoo stay healthy and how you can too!

Inspire

Check out this [Animals with Animal Experience](#) to see how our Animal Experiences team get some of our animals moving.

Watch our elephants Anjalee and Burma play and have a swim in their habitat: [Anjalee and Burma](#).

Watch as James the veterinarian completes a [health check on a teddy bear](#) to see how we make sure the animals are healthy at Auckland Zoo. After, you can try to do a complete a health check for your own teddy bear or stuffed animal.

Explore

Go on a walking safari in your neighbourhood, bring the document [Backyard Scavenger Hunt](#). Feel free to take pictures of the items to help you draw them.

Can you run as fast as a cheetah? Use the [How Fast Can You Sprint?](#) resource to explore this idea further.

Act

Make a pledge to be active in some way every day with both physical and mental exercises.

Draw up a movement plan for you and your family to get involved with at home. Use all the animal moves you have discovered here as inspiration.

Create

Create a tally chart by using the template **Teddy Bear Walk** to record your family members' estimates of how many teddy bears or stuffed animals you will see on a walk or exercise in your neighbourhood. Use that information to create a graph (resource attached).

Create a tally chart by using the template **Car Bar Graph** to record what types of transportation your neighbourhood is using while out exercising (Resource attached).

Create a short home workout involving Auckland Zoo animals. Example: run on all fours like a lion, jump like a frog, balance like a flamingo. Make sure you use at least 3 animal movements from the video resource [Animal Yoga with Patrick](#).

Reflect

Watch [Mindful Moment with Cathryn – Vitamin N](#) and try this at the end of each day to have a mindful moment.

Curriculum links:

Lessons include a range of aspects from the main strands of the NZ Curriculum English, the arts, health and physical education, learning languages, mathematics and statistics, science, social science and technology. They also consider the Key Competencies Thinking, Using language, symbols and text, Managing self, Relating to others, Participating and communicating.

Car bar graph

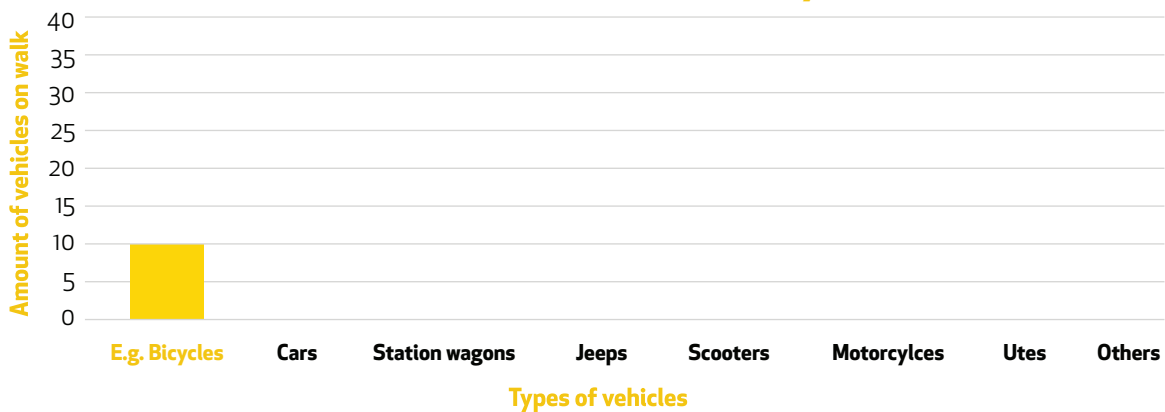
During your exercise or walk, record how many **cars, utes, station wagons, jeeps, scooters and motorcycles** you see. You could also create a pictogram using symbols like the ones below if you would like.

Which type of transportation do you think will be the most popular in your neighbourhood? Why?



Type of transportation	Amount of vehicles
E.g. Bicycles	10
Cars	
Station wagons	
Jeeps	
Scooters	
Motorcycles	
Utes	
Others	

Amount of vehicles seen on daily walk



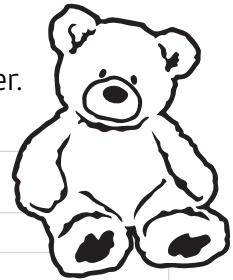
Questions

- What was the most popular type of transportation in your neighbourhood?
- Did this match your first hypothesis or guess?
- What other types of transportation did you see that were in the "others" section?

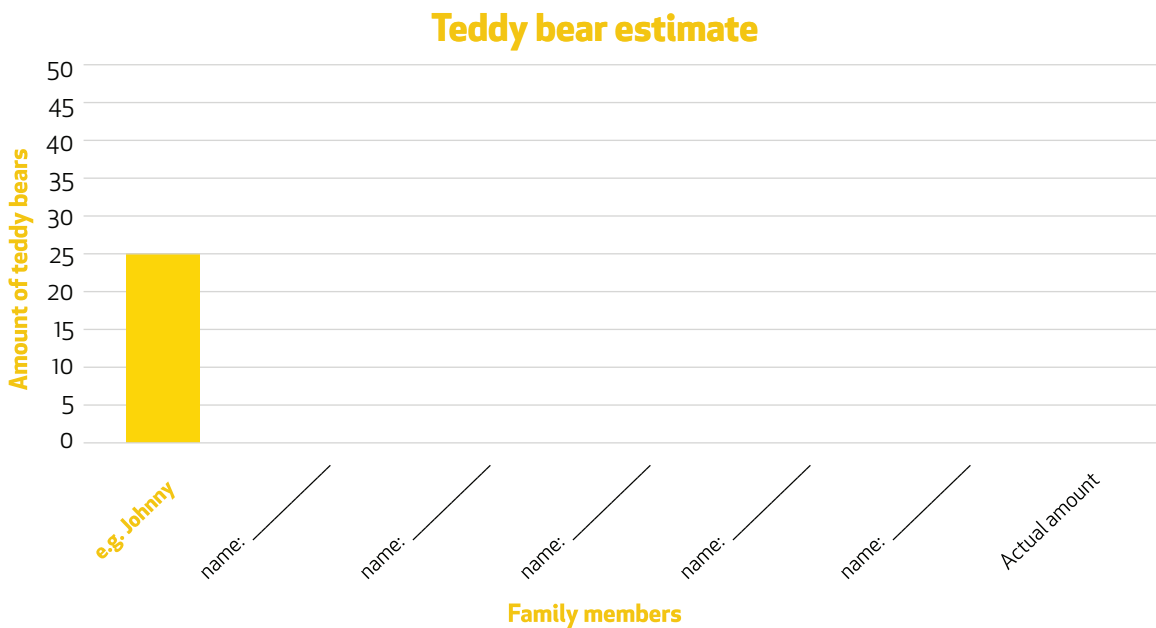
▶ Teddy bear walk

During your exercise or walk, record your family members' names and their guess or estimate to **how many teddy bears or stuffed animals you will see on your walk**. Record the final amount, graph it below using a bar graph.

Draw and colour the bars for your family members' estimates. Do not forget to colour in your graph with different colours for each member.



Family member name	Teddy bear estimate
E.g. Johnny	25



Questions

- Which family member's estimate or guess was the closest to the actual amount of teddy bears?
- Which family member's estimate or guess was the furthest away from the actual amount of teddy bears?
- What other types of stuffed animals did you see on your walk?