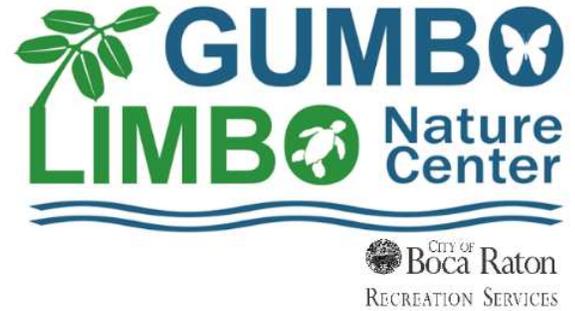


Creatures of the Night!



Raccoons are nocturnal creatures. What does this mean you may be asking? **When an animal is nocturnal, it is mainly active at night.** Often animals are nocturnal because this is when they cannot be seen by potential predators. They also may be more active at night, because it is the time when there is the best opportunity to forage and hunt.

Raccoons aren't the only nocturnal animals that we have here in Florida. Other creatures of the night include bats, toads, foxes, coyotes, and owls!

Us as humans are not nocturnal, because we are active during the day and we sleep at night! This means that we are **diurnal**.

With this activity, we are going to be doing our best to act as nocturnal animals without disturbing our sleep schedule. **Lets do some before bed yoga, nocturnal animal style!**

Yoga is a great way to do some stretching and relax your mind and body.

Materials:

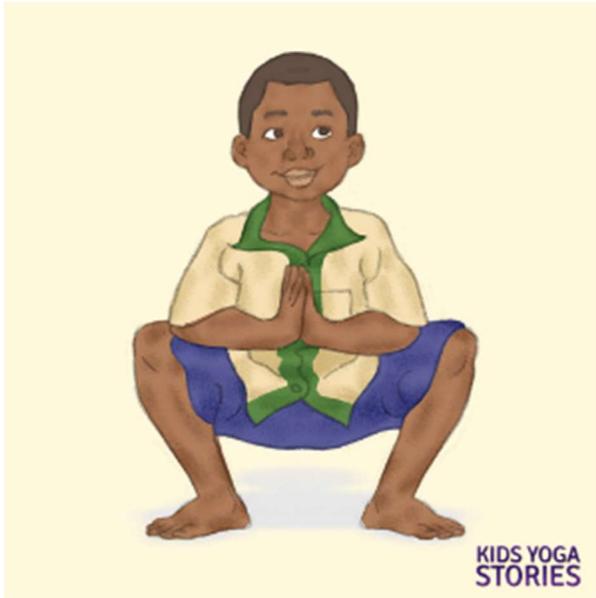
- Yourself
- Peace and quiet
- Space!

Activity: Nocturnal Yoga



1. PRETEND TO BE A BAT. TO PRACTICE STANDING FORWARD BEND:

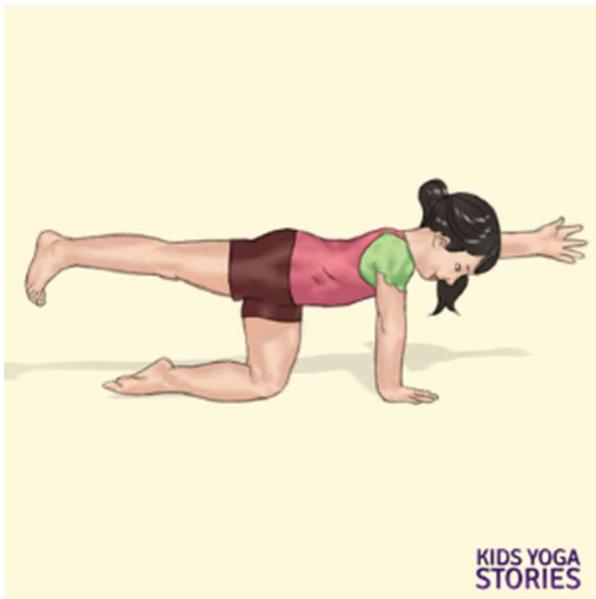
Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Bend your upper body, reach for your toes, and pretend to hang upside-down like a **bat**.



**2. PRETEND TO BE A TOAD.
TO PRACTICE SQUAT POSE:**

Come down to a squat with your knees apart and your arms between your knees. Touch your hands to the ground. Jump up like a **toad** and then come back to a squat position.

Repeat the toad hop a few times.



**3. PRETEND TO BE A FOX.
TO PRACTICE EXTENDED CAT POSE:**

Come to all fours, extend one leg out behind you, and look forward. Take the opposite arm out in front of you to counter-balance. Pretend to be a **fox** dashing through the forest. Repeat on the other side.



**4. PRETEND TO BE A COYOTE.
TO PRACTICE DOWNWARD-FACING
DOG POSE:**

Step back to your hands and feet, with your
buttocks up in the air, creating a V shape.

Stretch like a **coyote**.



**5. PRETEND TO BE AN OWL.
TO PRACTICE HERO POSE:**

Come to rest upright on your heels, with your
palms resting on your knees. Twist your upper
body like an **owl** turning its head. Turn your
upper body one way and then the other.