

# SCIENCE

## FROM HOME



## Can you hang with the sloths?

Humans move using their legs and feet. Sloths hang using their arms and legs to hold onto branches. Do you think you could move like that?

### Know before you begin

- This activity can be done inside or outside
- All supplies are easy to find, substitute or modify
- Adult supervision is recommended
- Please choose a safe space for this activity

### Materials

- Two water bottles or other light-weight objects that can be held easily and safely.

### Instructions

- Sit on the ground. Put one of the bottles between your feet so you can hold it in place.
- Lie on your back, take the other bottle and hold it up with your hands above you.
- Carefully bring your legs and the bottle their holding up so you're mimicking how a sloth hangs.
- Count how long you can keep this pose while holding the bottles up.