



## at the Arboretum

### Serpent Trail Safari

Welcome to the Los Angeles County Arboretum & Botanic Garden! The Arboretum has teamed up with the *Let's Move* initiative, which was launched by Michelle Obama, and is dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and be able to pursue their dreams.

Follow the instructions below as you hike through the Australian and African Garden. As you explore both sections you will mimic animals, which are native to each region, to help you exercise.



1. Head to the Australian Garden and locate the start of the Serpent Trail (It is across the main road from the Tropical Greenhouse). There will be a stone marker with a snake painted on it.

2. At the start of the trail take some deep breathes. Breathing during exercise has many benefits including bringing oxygen to your muscles. Smell the flowers and plants that surround you.



3. Walk along the path until you see the stone marker with a Koala on it. Turn left and walk onto the serpent head on the ground. Before you exercise you will want to stretch your muscles. Koala's are slow moving animals and will help us stretch! Bend down and touch your toes, bend down and touch your right foot and now your left, swing your arms in circles.



4. After you have stretched your muscles head back to the path and walk until you see a stone marker with a Kangaroo on it. Kangaroos use their big feet to hop when they want to move around. Instead of walking along the path "hop like a kangaroo" and see how far you can go.



5. If you haven't already, stop hopping when you see the stone marker with a Kookaburra bird on it. The kookaburra is the symbol of birdlife in Australia. They are also known as the laughing bird. See if you can fly like a bird and flap your "wings" as you walk along the path. Stop when you get to the kiosk. You are now at the Education Kiosk in the Australian Garden. Take a break and learn about the plant and wildlife in Australia.



6. After your break continue on the serpent trail directly beyond the water fountain. Look for the stone marker with a Bearded Dragon on it. When in danger dragons will puff out their beard and charge at their attacker to scare them off. Puff up your chest and sprint to the road like a bearded dragon.



7. When you reach the road stop, catch your breath. Turn left and walk down the road. When you see the grass area on the left look for the stone marker with a Dingo on it. Dingoes are wild dogs that roam over many parts of Australia. Get down on your hands and feet and walk like a dingo through the grass until you see another education kiosk.



8. Welcome to Africa! Explore the kiosk and learn about the plant life of Africa. Look for the stone marker with a Gazelle on it. Gazelles can run up to speeds of 50mph and leap very far.



9. Leap like a gazelle down the path until you come to the next stone marker with a Meerkat on it. Directly to your left is the "Story Tree". It makes a natural cave that is similar to a meerkat burrow. Explore the tree and see what you find.

**Congratulations! You have completed the Serpent Safari Trail!**