

# Houston Zoo at Home

## COUGARS

For these activities watch the video of Zookeeper Kathy and our cougars Shasata and Hailey. [Click here to watch!](#)

### **Jump Like a Cougar**

**Ages: 3-8**

Shasta and Hailey love to climb around their habitat! Can you practice jumping like Shasta? How high can you jump?

The fur between a cat's toes and the pads they have on the bottom of their feet allow them to move without hardly making a sound. Can you try to jump super quietly?

Variations can be played to see how different surfaces and foot covers affect the amount of sound made when jumping and landing. Ideas: shoes vs socks or barefoot; carpet vs wood or tile.

### **Agile Like a Cat**

**Ages: 3-10**

Cats are known for being agile and that includes the cougar. They have a lot of flexibility in their bodies and that helps them move throughout their habitat. Try out your hand in flexibility like the cougar with these animal themed yoga poses!

**What to Do:** Follow the link to these yoga poses. Don't be worried if you're not an expert or have not done yoga before. Have fun with the different moves or create your own!

**Materials Needed:** [Click HERE for link to Yoga Poses.](#)

Or visit [www.yogamoha.com/animal-yoga-poses/](http://www.yogamoha.com/animal-yoga-poses/)

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