

Houston Zoo at Home

KOMODO DRAGON

Dragon Workout

All Ages

Boga, our Komodo dragon, and his wild counterparts are the largest lizards in the world! With their tremendous size comes great strength. It takes a lot of muscle to move a lizard this large. Komodo dragons are also very quick. Even though they are ambush hunters, they can run almost as fast as a person. For today's activity, let's see how active we can be! How many sets of the following exercises you can complete:

Materials Needed: None

Steps

1. Take care to find enough space to comfortably and safely perform each exercise.
2. 30 second plank
3. 15 push ups
4. 25 crunches
5. 5 sprints (across the room and back or 15 yards outside)
6. Challenge your family members to see how many of each exercise you can do in 60 seconds.

Share your project with us!

Tag your photo using #HoustonZoo or email us your story at communications@houstonzoo.org.

Reduce, Reuse, Reptile!

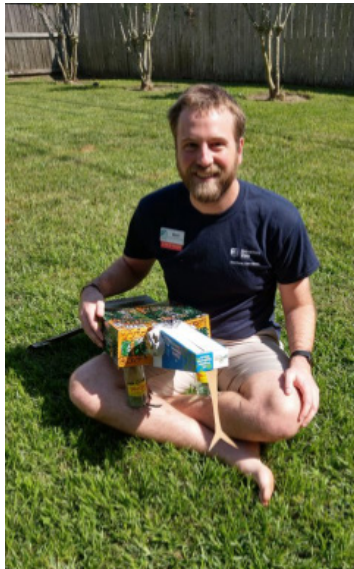
Komodo dragons grow osteoderms, or bony plates, all over their body to act as armor to protect them from other Komodo dragons. Can you create a Komodo armor? Using recycled materials around the house, can you create a model Komodo dragon? Use the pictures below as an example or come up with your own design!

Materials Needed:

- Recycled items from your house
- Glue gun
- Tape (duct/masking)

Steps:

1. Using the model pictured below as inspiration, use your recycled items to create a Komodo dragon. You will want a head, body, tail, and four legs.
2. Feel free to draw on scales or other dragon markings. Use natural materials for other accents like toenails or teeth.



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