

AMERICAN BISON
run

Bison can run up to 35 miles per hour!

twist & turn

SCISSORTAIL
FLYCATCHER

Scissortail flycatchers make sharp turns to catch flying insects.

Oklahoma's State Animals

SUPER MOVES

No matter how you move, make sure you do it for 60 minutes each day!

WHITE
BASS



swim

White bass swim in groups called schools.

BLACK
TAIL
SWALLOWTAIL
BUTTERFLY



fly

The swallowtail is the largest butterfly in North America.

COLLARED LIZARD



sprint

The collared lizard runs on two legs like a T. rex!

WHITE-TAILED
DEER



jump

White-tailed deer can jump up to 8 feet!



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