

AMERICAN BISON

run

Bison can run up to 35 miles per hour!

WHITE BASS



swim

White bass swim in groups called schools.

COLLARED LIZARD



sprint

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

Oklahoma's State Animals

# SUPER MOVES

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

twist  
& turn

SCISSORTAIL FLYCATCHER

Scissortail flycatchers make sharp turns to catch flying insects.

BLACK SWALLOWTAIL BUTTERFLY



fly

The swallowtail is the largest butterfly in North America.

WHITE-TAILED DEER



jump

White-tailed deer can jump up to 8 feet!



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