

**Equipment**

None.

**Activity**

Animal walks can be practiced to music, used in place of running or walking in traditional children's games or used in relay races.

**Teacher Observations**

*Body Awareness:* Can the child make postural adjustments to assume positions and maintain the various positions?

*Motor Planning:* Can the child copy the designated animal walk without physical cues?



**Bear**

Assume creeping posture, progress forward and backwards, moving arms and legs of same side simultaneously. Keep the head down.



**Bird**

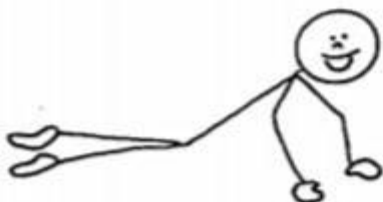
Stand on tiptoes and wave the arms slowly up and down. As the "wings" move faster, run tippy-toe around as if you were flying. As the flapping slows down the bird comes slowly to a stop.

—Continued—



**Rooster**

Bending forward at the waist, grasp the ankles. Keep the knees as straight as you can. Walk forward.



**Seal**

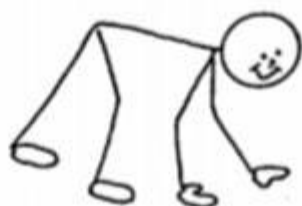
Assume a prone position on the floor. Push the body up with extended arms. Walk forward with the arms while the feet drag behind.

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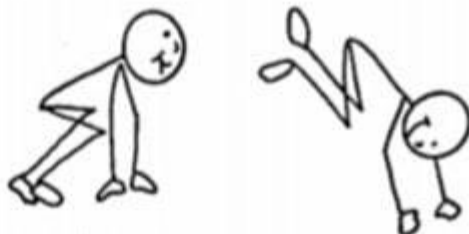
**Kangaroo**

Stand with the feet together. Bend the elbows out from the body. Let the hands dangle limply. Bend the knees and jump forward.



**Monkey**

Run forward with both hands on the floor and the knees slightly bent.



**Mule Kick**

Drop to a squat position. Place the palms of the hands on the floor, between the knees. Bear weight on the hands and kick the feet backward vigorously. When the feet hit the ground, stand erect and take two steps forward. Repeat sequence.

**Animal Walks**  
**—Continued—**



**Elephant**

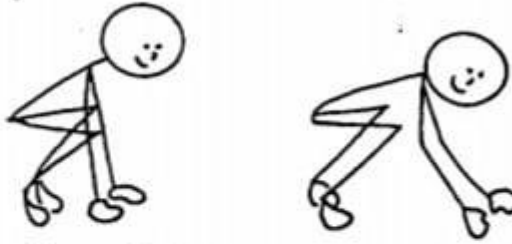
Bending forward at the hips, allow the arms to hang limp. Big lumbering steps should sway you from side to side as you walk, imitating an elephant and his trunk.



**Inchworm**

Support the body by hands and toes, keeping body in a straight line. With hands remaining stationary, walk the feet towards the hands, taking tiny steps. Keep the legs straight. Next, keeping the feet stationary, walk the hands forward in tiny steps until the first position is reached.

ADDITIONAL EXERCISES  
—Continued—



**Bunny**

Squat low on heels and place hands palm down on floor. Move the hands forward, and bring the feet forward between the hands with a little jump.



**Crab**

In a squatting position, reach backward with the arms and put both hands flat on the floor behind you. Raise up until the head, neck, and body are in a straight line. Walk or run in this inverted position.



**Duck**

Do a knee bend. Place your hands around your ankles. Walk forward one foot at a time, but remain in the knee-bent position.

Animal walks are a great way to build core strength, balance and co-ordination. They can also help with proprioceptive sensory input. Have a try!