

# ANIMAL WALKS

Sensory and motor skills are an important part of healthy development for children of all ages. These activities help get kids moving, improve coordination and core strength, challenge balance, and also allow them to release much needed energy by regulating their sensory needs. One of the easiest ways to include sensory and motor skills on a regular basis is with animal walks. Animal walk to the bathroom, into the kitchen to get a drink, or anywhere! These activities will also help with fidgeting, wiggling, and even meltdowns!



**Crab Walk** | Start by squatting down close to the ground. Lean backwards and place your hands on the ground. You should look like a “table top” now. Now walk sideways, while holding your bottom off the ground and your back straight.

**Bear Walk** | Start in the standing position. Bend over and put both hands on the ground. Now, walk forward with the same leg and arm. So, move your right arm and right leg forward, then the left leg and arm at the same time, then repeat. For additional challenge, try keeping your legs and arms straight.



**Frog Jumps** | Start in the squatted position. Place your hands on the floor in between your knees. Using your feet, jump forward and land with your hands and feet on the ground.

**Alligator Push-ups** | Have your child lay on their belly and push up into a plank with their hands and toes. As they walk have them push up with their hands while trying to keep their bodies as straight as possible.



**Snake Slither** | Have your child lay on their belly and put their hands to their sides. Wiggling their hips and shoulders side to side, have them try to move forward across the floor without using their hands.

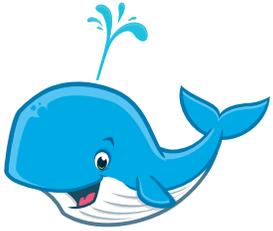
**Donkey Kicks** | Starting in the standing position, lean over and put both hands and both feet on the ground. When the area around you is clear, jump with your legs and kick behind you, leaving your hands on the ground.





**Turtle Crawl** | Starting in the kneeling position, curl your back over and put your elbows on the ground. Keeping your bottom on your heels, and your elbows and hands on the ground, pull yourself forward in a slow motion.

**Kangaroo Jumps** | Starting in the standing position, put both feet together and squat down. Jump as high as you can using only your feet, and no hands.



**Whale Swim** | Laying on your stomach, with your arms stretched in front of you, rock back and forth on your hips. This takes a lot of core strength and can take some time to get used to.

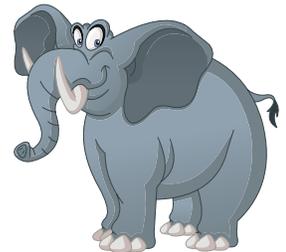
**Gorilla Walk** | Start in the squatted position with your hands at your chest. Walk down the hall while staying in the squatted position. For added gross motor exercise, try beating your chest with your fist as you walk.



**Inchworm Crawl** | Start in a standing position and bend over with your hands and feet touch the floor. Try touching the floor as close to your toes as you can. Then slowly walk your hands away from your feet, as far as you can. Finally walk your feet back to your hands, always keeping your hands on the ground. Repeat this until you have walked across the room.



**Elephant Walk** | Start in the standing position and bend over with your hands held together. Keeping your back straight and parallel with the floor, hang your hands under your shoulders and swing them back and forth as you walk with straight legs across the floor.



**Octopus Wiggles** | Start in the seated position on the floor. Attempt to lift both legs off the ground at the same time while wiggling your legs and arms.