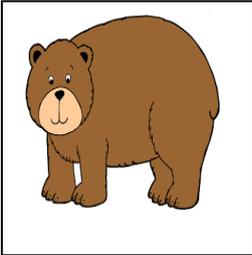


## Animal Walks



### Bear Walk

Have your child move around on their hands and feet with the front of their body facing the ground and their bottom up in the air. Engage in conversation as your child walks along. Ask if they are a black bear? A grizzly? Or maybe even a polar bear?



### Tiger Crawl

Have your child crawl on their arms and knees. Tell them to try to stay as low to the ground as they can, just like a tiger would in the jungle.



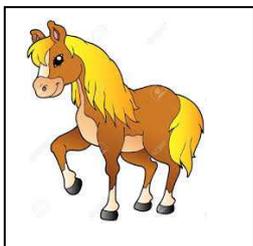
### Elephant Swing

Get your child to put their arms together in front of their body and then swing from side to side as if their arms are an elephant's trunk.



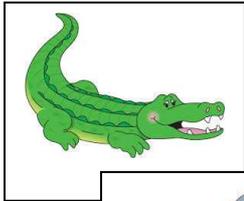
### Snake Slither

Lie on stomach and move forward trying not to leave the floor as much as possible, like an army crawl.



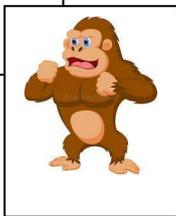
### Horse Run

Galloping is great for gross motor skills. Encourage your child to leap as high as they can with one foot forward.



### Seal Slide/Alligator Crawl

Have your child lie on their stomach then push up on hands until their arms are straight. Have them move across the room while dragging their legs.



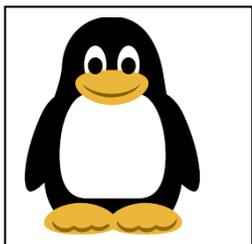
### Duck Walk/Gorilla Walk

Squat down and walk around from there. Keep your arms out, bend them to look like duck wings, or beat your chest like a gorilla.



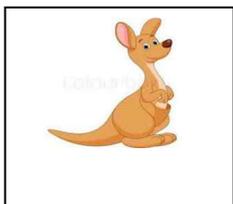
### Turtle Crawl

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.



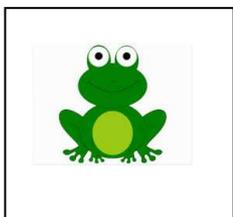
### Penguin Walk

Keep arms straight by their side and take short, quick steps. Encourage them to try walking on their heels to waddle like a penguin.



### 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.

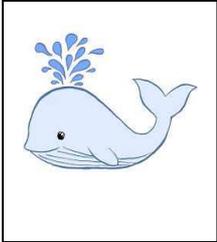


**Frog Jumps** Start in the squatted position. Place your hands on the floor in between your knees. Using your feet, jump forward and land with your hands and feet on the ground.



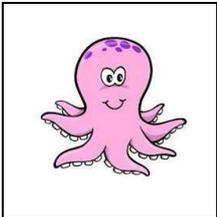
### **Flamingo Hop**

Ask your child to stand on one foot. As they get stronger they may be able to do a small jump.



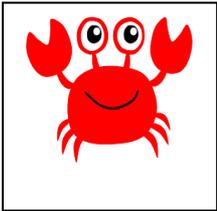
### **Whale Swim**

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.



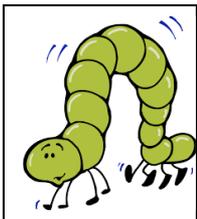
### **Octopus Wiggles**

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.



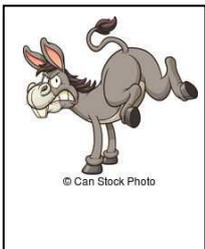
### **Crab Walk**

Tell your child to sit down with their hands by their side and their fingers pointed towards their feet. Tell them to push up on their hands and feet so their body is like a table. Keep hips high to work on strengthening core muscles.



### **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.



### **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.