

# Animal walks



*Animal walks are fun and great for your child's development!*

Animal walks help with balance, coordination, strengthening muscles and planning how to move our bodies. They encourage your child to explore their imagination by pretending to be all sorts of different animals. They can help kids to feel calm and settle. Animal walks teach children how to follow instructions, make animal noises, describe the animals, talk about where they live and how they move.

### Try these at home:

- Kangaroo jumps: keep feet and legs together and jump up high.
- Tiger crawl: crawl on your hands and knees, getting as low as possible, like a tiger creeping through the jungle.
- Bear walk: start with hands and feet on the ground. Keep your bottom in the air as you walk.
- Giraffe walk: stand up tall with arms above your head. Walk on your tip toes.
- Penguin waddle: Keep your arms straight and by your sides. Take little steps and waddle side to side.
- Frog jump: start in a crouch with your knees spread and hands on the floor, in between your feet. Bounce high like a frog.

- Crab walk: sit on your bottom with your hands next to you on the floor. Keep your feet on the floor and knees up. Push your bottom up into the air so your body is like a table. Walk backwards!

Kids enjoy making up their own animal walks as well. Ask your child to choose an animal and show you how they move!



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