

Animal Walks

Animal walks can be a fun way to move the body. Try these animal walks at home with your children!

CHICAGO OT THERAPY

Animal Walks

Frog
Jump

Key Points

- Squat down like a frog
- Jump as high as you can
- Repeat this across the room

Bear
Walk

Key Points

- Extend legs straight
- Head down

Crab
Walk

Key Points

- Bottom up for level stomach as the child is able
- Feet under knees

Caterpillar
Crawl

Key Points

- Start in downward dog
- Walk hands out to plank
- Walk feet up to downward dog

Kangaroo
Jump

Key Points

- Feet together
- Hands to chest
- Small jumps with both feet
- Jumps with hands stationary

Animal Walks | Page 1

Animal Walk Ideas

- Frog**

Squat down like a frog and leap as high as you can
- Bear**

Walk on your hands and feet, trying to use your left arm and leg at the same time, then your right arm and leg at the same time
- Crab**

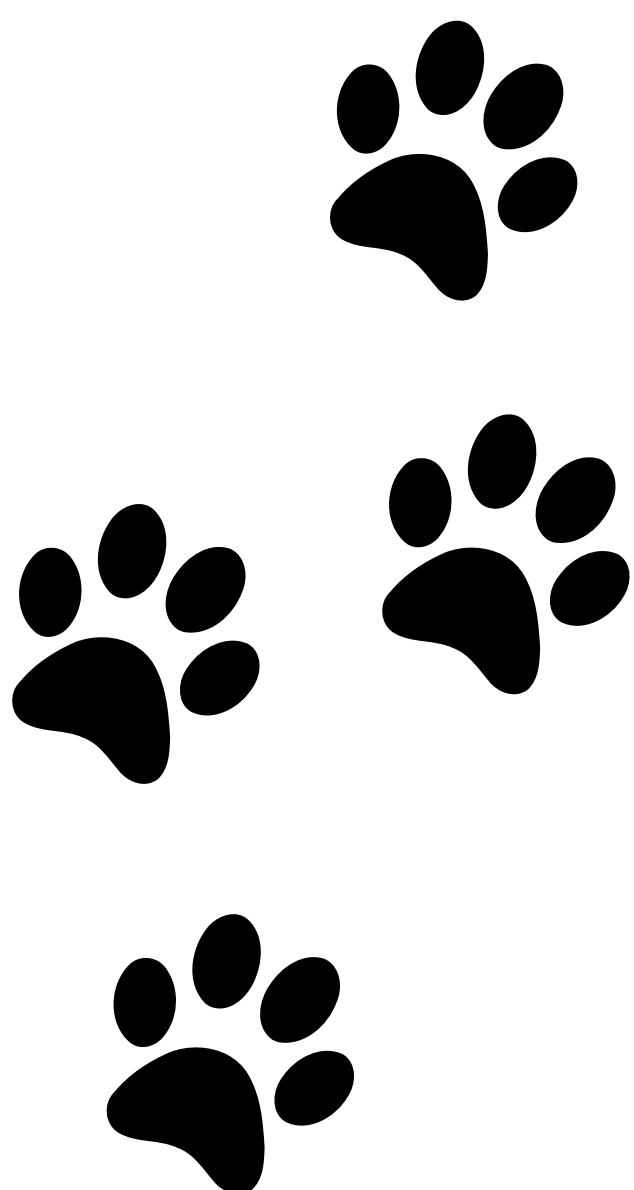
Sit on the floor with your feet flat on the ground. Place your hands on the floor behind you and lift your bottom off the floor. Now try and move around!
- Snake**

Lie on your tummy with your arms at your sides and legs straight. Slither like a snake!
- Donkey**

Crouch with your hands and feet on the floor. Kick your legs back like a donkey. Be careful!
- Elephant**

Bend over with your arms long like a trunk and stomp your feet as you walk

DINOSAUR WORKOUT FOR KIDS



VELOCIRAPTOR RUN
Run in place as fast as you can!



STEGOSAURUS WALKS
On your hands & feet, hips high, walk forward and back, stomping loudly



PTERODACTYL TAKE OFF
Spread your arms wide and move them quickly in a circle, jump up and down as high as you can



T-REX RUN
Put your elbows in your armpits and run in place lifting your knees as high as you can



COMPSOGNATHUS PRANCE
Jump left & right, crossing one leg behind the other as you move.



BRACHIOSAURUS STRETCH
Stand up straight, stretch as tall as you can with your arms up standing on your tip toes. How far can you reach?



THE DIPLODOCUS
Start on your hands & knees, stretch your left leg behind you and your right arm in front of you. Move your leg up, down, left, & right. Then switch sides and repeat.



SPINOSAURUS STRETCH
Draw your belly to your spine and round your back toward the ceiling. Your back should be in an arch-like shape, similar the spines on the spinosaurus' back.