



Animal Walks



Animal walks can benefit your child in many ways. These exercises will increase your child's strength, endurance, and coordination. They also provide proprioceptive and vestibular input that can assist in regulation and increasing body awareness.

Elephant: Crawl on two knees, using one arm to swing up and down as a trunk.

Bear: Crawl forward with hands and feet on the floor.

Kangaroo: Hop forward with feet jumping together.

Giraffe: Walk forward on tip toes with arms overhead, or walk backward on two knees with arm overhead.

Duck: Squat down near the floor and take small steps with arms tucked for wings.

Chick: Squat down near the floor and hop with two feet at the same time with arms tucked for wings.

Tiger: Crawl with forearms and knees on the ground like a hunting tiger.

Snake: Slither on your belly with your hands held together.

Flamingo: Balance on one leg or hop forward on one foot.

Frog: Squat down to the floor and jump high into the air and land back into a low squat.

Donkey: Start body in a bear crawl position and kick up both legs towards the bottom while crawling forward.

Penguin: Walk forward on both heels while keeping your toes lifted off the ground.

Crab: Crawl forward and backward in a belly up position while supporting weight with hands and feet.

Inch Worm: Begin in a standing position, reach hands to the floor and walk hands out then walk feet up to meet hands.

Pig: Lay on back and bring legs up to stomach, while rolled up into a ball roll your body sideways.

Walrus: Lie on your stomach and support body on hands with arms extended. Crawl forward letting your legs drag behind.

Horse: Gallop forward with one leg in front of the other.

Sloth: Slowly walk forward bringing your elbow to opposite knee with each step.





