Animal Walk Game

Animal walks are a great way to build your student’s core strength, balance, and overall coordination. You can turn animal walks into a fun game by either using a dice from a board game or writing down the numbers 1-6 on individual pieces of paper and putting them into a cup.

Instructions:
1. Take turns either rolling the dice or picking a number out of the cup
2. The number on the dice or piece of paper determines how many times you do the first animal walk. For example: if you student rolls a 3, have them complete 3 frog jumps.
3. Keep picking numbers or rolling the dice until all 5 animal walks have been completed!

![Animal Walks Diagram]

- **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