

# 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!

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## 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