



### **Bear Walk**

- Start in standing.
- Place hands on the floor.
- Keep legs as straight as possible so your bottom is in the air.
- Walk forward maintaining this position.

### **Crawl like a Snake**

- Lie down on your tummy.
- Use your hands and knees/feet to move along while keeping your tummy on the floor.

### **Dog Walk**

- Start on your hands and knees.
- Move from place to place crawling like a dog.
- You can pretend to have an injured paw by holding up one arm or one leg and moving on 3 limbs.

### **Frog Jump**

- Start in standing.
- Bend down into a squat position with your hands touching the floor in front of you.
- Jump up and forward returning to the squatting position upon landing.

### **Gallop like a Horse**

- Start in standing sideways with one foot in front of the other.
- Gallop forward keeping the one foot in front of the other at all times.
- Switch sides so that each foot has a turn to lead.

### **Crab Walk**

- Sit down on your bottom with feet flat on the floor.
- Place hands behind you on the floor.
- Lift your bottom off the floor by pushing through hands and feet.
- Step hands/feet forward or backward trying to keep your bottom off the floor.

