



Animal Walks

- 1. Giraffe walk – encourage your child to walk on tip-toes with arms overhead, encourage them to be as tall as they can and to try and touch the ceiling



- 2. Penguin walk – encourage your child to walk on their heels like a penguin



- 3. Bunny hops – encourage your child to jump with 2 feet together



- 4. Frog jumps- encourage your child to Squat down and jump like a frog



5. Bear walk – encourage your child to walk on hands and feet like a bear, encourage your child to keep their knees straight while doing this if possible



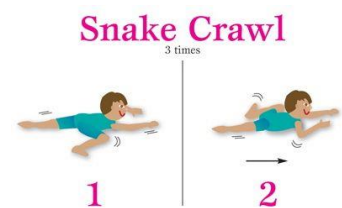
6. Crab walk- encourage your child to walk like a crab without letting their hips drop to the floor, you can put a teddy on their stomach to make this harder



7. Donkey kick – encourage your child to place their hands on the ground and kick their legs in the air



8. Snake crawls – encourage your child to use their arms only to pull themselves along the ground



9. Flamingo – encourage your child to stand on one leg for as long as they can



Have a think about what other animal you could pretend to be. Make a list and put them in a bowl and take it in turns to pick one. Don't forget to make the noise of the animal too!

HAVE FUN !!!!!