

## ANIMAL WALKS FOR SENSORY INPUT

Kids love the silliness of walking like animals and it's an activity that can be done anywhere and without equipment. Even better: animal walking incorporates bilateral use of the upper and lower extremities. It provides children with quick movement activities to regain their focus and attention while giving them increased vestibular and proprioceptive input. Turn animal walking into a game for your kids and even join them as they animal walk around the house.

 BUNNY	Squat low on heels and place palms down onto the floor. Move hands forward and bring feet forward between hands with a small jump.
 CAT	Put hands and feet on floor, bend elbow until chest is a few inches off of the floor and creep forward.
 CATERPILLAR	Put hands and feet on the floor with straight elbows and knees. Walk 4 steps forward with hands and then walk 4 steps forward with feet. Repeat.
 CRAB	Crawl with hands and feet contacting floor but stomach facing the ceiling.
 DUCK	Bend knees to squat down with hands around ankles. Walk forward with one foot at a time while squatting down.
 ELEPHANT	Put hands and feet on floor with elbows and knees straight. When walking forward, move right arm and leg together and then left arm and leg together.
 FROG	Crouch or squat with hands on the floor. Move hands forward and jump feet up to meet hands.
 KANGAROO	Stand with feet together. Keep elbows bent out from the body and leave hands dangling limply. Bend knees and jump forward.
 INCH WORM	Put hands and feet on the floor with straight elbows and knees. Walk forward as far as possible with hands and then walk feet as close as possible to hands.
 OSTRICH	Bend forward to grasp toes and then walk forward while holding onto toes.
 SEAL	Lie on stomach, support body on straight arms, walk on arms and drag legs.
 SPIDER	With hands on ground, walk feet up and down the wall.

And two more suggestions!

 ARMY CRAWL	Lay down flat on stomach and crawl forward on elbows and knees. Knees should come out to the side of the body, flat on the ground while moving forward.
 WHEELBARROW WALK	Feet held by adult and walk with hands on the floor.