

Animal Walks Visual & Instructions

These exercises provide proprioceptive input and have a calming effect on kiddos who need a lot of movement and sensory input to reach the “just-right” level of arousal. Try some of these out before doing table-top work, or tasks where they need to sit still!

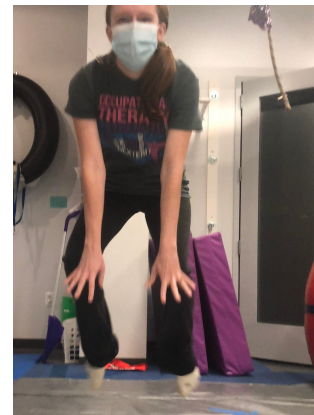
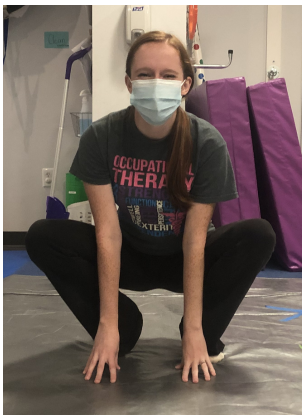
Bear walk: Walk on all fours, with legs and arms fairly straight, and bum in the air



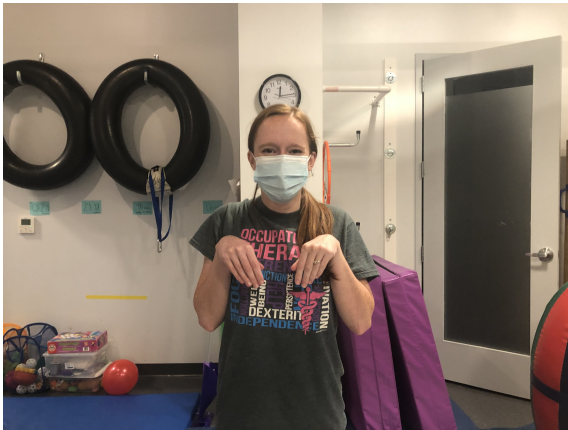
Crab walk: Start on bum, put hands and feet down, and lift your body up so your back is facing the ground



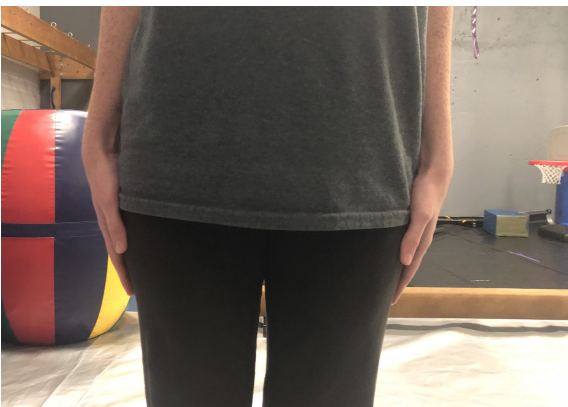
Frog jump: Squat like a frog, with your hands between your feet, and hop forward!



Bunny hop: Bend your elbows so your hands are below your chin. Hop up and down like a bunny!



Penguin waddle: Keep your arms tight against your body, and waddle side to side by taking small steps



Snake slither: Lay on your belly and wiggle across the floor like a snake!

