

Challenge

ANIMAL WALK EXERCISIES

This is great for children to use their imaginations and pretend to be animals they have seen in books, zoo or farm. (2 pages!)

Bird: Stand on tiptoes and wave arms slowly up and down. As the wings move faster, run tippy-toe around as if you were flying. As the flapping slows down the bird comes slowly to a stop.



Rooster: Whilst bending forward at the waist, grasp the ankles. Keep the knees straight as you can. Walk forward.



Monkey: Run forward with both hands on the floor and the knees slightly bent.



Crab: In squatting position, reach backward with the arms and put both hands flat on the floor behind you. Raise up your trunk until the head, neck and body are in a straight line. Walk or run in this position.



Horse Prancing: Stand straight with hands held simulating grasp on reins. Lift knee high with toes pointed. Just as the foot touches the ground again, lift the other knee energetically.



Bunny: Squat low on heels and place hands palm down on floor. Move the hands forward and bring the feet forward between the hands with a little jump.



Elephant: Bending forward at the hips, allow the arms to hang limp. Big steps and sway from side to side as you walk, imitating an elephant.



Have fun!