

Animal Walks



Some children require a little more movement in their day than others to help them feel just right. This can then assist them to focus; transition between activities; manage emotions; tolerate changes. Animal walks are a fun and engaging way to encourage movement opportunities for pre-school and early school age children.

WHAT are Animal Walks?

- Jump like a kangaroo, slither like a snake, waddle like a duck....these are all different ways for children to move their bodies
- Doing Animal Walks simply means you are moving like a specific animal. You can use commonly used walks as listed throughout this information sheet... or make up your own

WHY should children engage in Animal Walks?

- Movement which encourages pressure through muscles and joints can assist children in regulating their energies.
 - For children who have "low" energy, engaging in such movements can help lift their energies.
 - For children who seek movement opportunities, Animal Walks can assist them in channelling their energy.
- Animal Walks encourage the development of motor skills including
 - Balance
 - Coordination the two sides of the body together or in opposition
 - Specific skills such as hopping / jumping
 - Muscle strength and core control
 - Awareness of positioning of the body
- Animal Walks encourage imagination and experimentation with movement
- Integrating animal sounds as you walk, helps to facilitate breath control
- Animal Walks are FUN !

WHEN can you use Animal Walks?

- During transitions - move between activities, rooms or spaces by crawling like a crab, stomping like an elephant or walking like a bear
- At home - go to the bathroom to clean teeth while waddling like a penguin or galloping like a horse
- At school - move to collect workbooks by leaping like a frog or bounding like a rabbit
- In general play
- As short, quick breaks to get children moving during the school day
- Anytime, just for fun

This information sheet will not outline the specific movements of the animal walks. Some are self explanatory, however any active movement which engages the child can promote successful outcomes

Other animals to try...

- Snap like an crocodile
- Fly like a bee
- Run like a gazelle
- Move like an inchworm
- Leap like a cat
- Move like a monkey
- Kick like a donkey
- Slide like a seal
- Wiggle like an octopus
- Swim like a fish
- Crawl like a turtle

This resources series is brought to you by Magnetic Moves. We develop and supply tools, practical information and workshops to aid parents, teachers and carers with interest in Sensory Processing Disorders in pre-school and school aged children.

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