



Mouse crawl:



Hare hop:



Badger scuttle:



Gopher & Mole tunnel:



Wren & Raven flutter:



Party:



Bear stomps:



(\*BONUS) Pop:



(\* BONUS) Snore:

(LOUD SNORE!)

# Animal Walks

**Frog Jump**



**Key Points**

- Squat down like a frog
- Jump as high as you can
- Repeat this across the room

**Bear Walk**



**Key Points**

- Extend legs straight
- Head down

**Crab Walk**



**Key Points**

- Bottom up for level stomach as the child is able
- Feet under knees

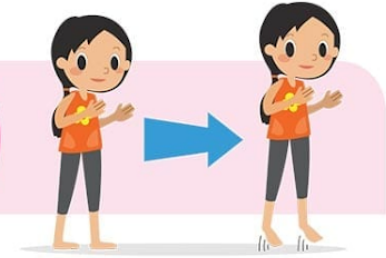
**Caterpillar Crawl**



**Key Points**

- Start in downward dog
- Walk hands out to plank
- Walk feet up to downward dog

**Kangaroo Jump**



**Key Points**

- Feet together
- Hands to chest
- Small jumps with both feet
- Jumps with hands stationary