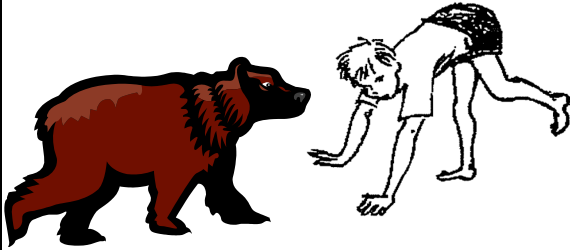


Animal Walks

Bear Walks



Walk on all fours moving your left arm and left leg, then your right arm and right leg.

Bunny Hops



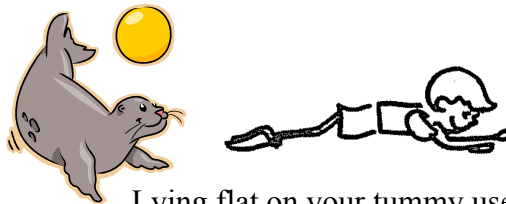
Start squatting with all your arms and legs together. Then move your arms out and balance on the floor before hopping so your feet catch up to your hands.

Crab Walks



Facing the roof walk backwards, forwards and sideways. Make sure you keep your bottom off the ground.

Seal Walks



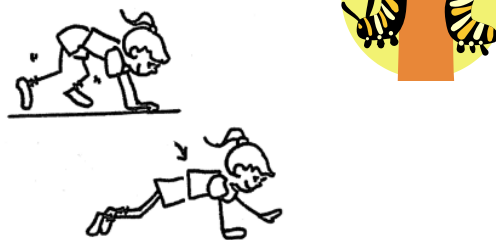
Lying flat on your tummy use your arms to drag yourself along the floor. Make sure you keep your legs straight.

Stork Standing



Balance on one leg for as long as you can. Make sure you spread your arms to help you balance.

Inch Worm



Start with your hands and feet together like a bunny hop. Then slowly walk your hands out as far as you can while staying balanced. Once you have stretched as far as you can slowly walk you feet up to your hands and you are ready to start again!!