



Bear Walk – Start with a classic! Have your child move around on their hands and feet with the front of their body facing the ground and their bottom up in the air. What kind of bear are you?

Seal Slide – Have your child lie on their stomach then push up on hands until their arms are straight. Have them move across the room while dragging their legs like a seal.



Duck Walk – Squat down and walk around from there. Keep your arms out or bend them to look like wings. Quack, quack!

Crab Walk | Start by squatting down close to the ground. Lean backwards and place your hands on the ground. You should look like a “tabletop” now. Now walk sideways, while holding your bottom off the ground and your back straight.



Whale Swim | Laying on your stomach, with your arms stretched in front of you, rock back and forth on your hips. This takes a lot of core strength and can take some time to get used to.

Eagle Flap - 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, the bird comes to a stop. An adult or a child can be the leader to guide the ‘speed’ of the bird.



Turtle Crawl - Lay on your stomach with your knees and elbows slightly bent/tucked underneath you. Move slowly like a turtle. Move the opposite arm and leg.



Wolf Walk – on hands and knees, crawl around with your ‘wolf pack’ and howl!

Starfish Jumps - Start in a standing position. Jump up in the air extending out arms and legs into a star fish position. Try to land back in the standing position. If this is too hard you can just work on a regular jumping jack.

