

Animal Walk Activities

Why do animal walks?

Animal walks are a fun and creative way to work on:

- **Whole-body strength** (muscles in your shoulders, hips, arms, legs and core work hard when doing most animal walks)
 - Your body works harder when you use your hands and feet on the ground at the same time to move around in an animal walk
- **Coordination** (how your arms and legs work together and how your right side and your left side works together).

Making animal noises while doing the walks makes them even more fun!

How long to do animal walks for:

- Try to start by doing **3-5 steps** of any animal walk you choose
- Try to do more like **10-15 steps if you have the energy to**
- Try going for **longer distances if you can!**
- Try doing animal walks **3 times or more throughout the day**

Examples of Animal Walks:

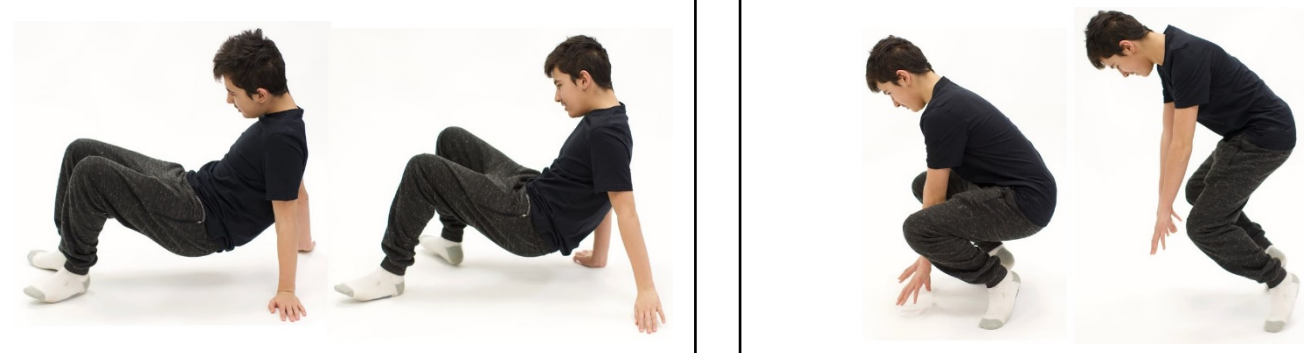
Bear



Crab



Frog



Activity 1: Relay Races

- Set the distance to go “there and back” for each person in the relay
- First person picks an animal walk and uses it to go “there and back”
 - Can pick one animal walk for everyone to do or each person can pick an animal walk
 - Could pick an animal that starts with the same letter as your first name (Ex. Tianna might pick a Tiger, Eric might pick an elephant, Shawn might pick a Squirrel)
- First person tags second person, repeat until everyone has had a turn!
- Could divide into teams and race

Activity 2: Practice animal walk ABCs

- Go through the ABCs and for (each letter/every other letter/randomly selected letter) everyone does the animal walk of an animal that starts with that letter
- Can race (set a distance in a safe area ahead of time)
- Ex. “A, B, C – okay we’ll do an animal walk for C, what animal’s name starts with C (cat, cow, crab)

Activity 3: Pick a picture of an animal and walk ___ # steps like that animal

- If you’re reading a book, playing a game, watching a movie, listening to a story or looking up something online, pick one of the animals you see and make up an animal walk for that animal
- There are no wrong answers for what an animal moves like as long as it’s moving!
- Pick a number of steps and count the steps you take together

Activity 4: Play animal walk tag

- Make a rule for tag where everyone has to move like a (pick an animal) during the tag game

Activity 5: Play follow-the-leader

- One person is the “leader” and everyone has to copy them
- The leader moves around walking like an animal they pick
- The leader can change their animal every 5 steps
- Switch leaders to give everyone a chance to pick!

If you have any questions, please contact the physiotherapist at MFNERC.