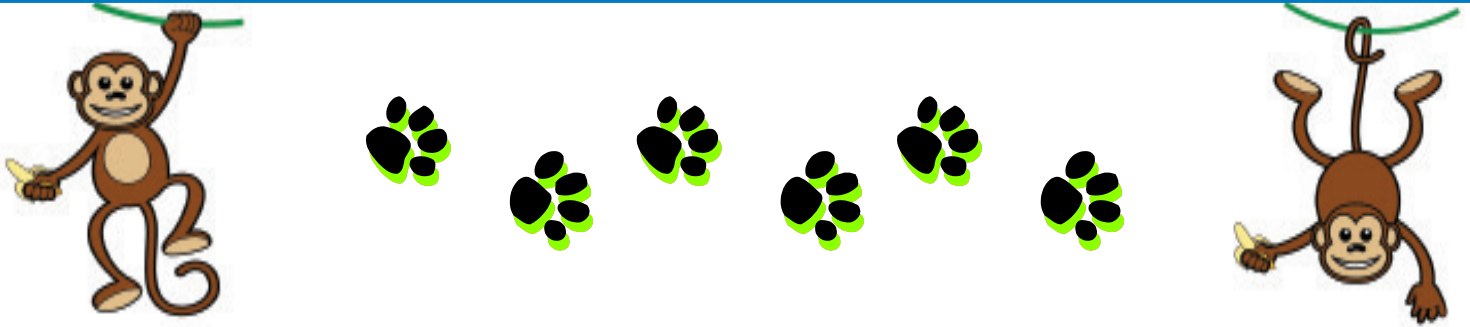
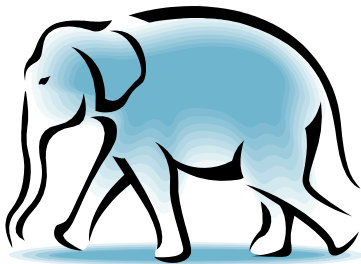


## Children's Occupational Therapy Service

# Animal Walks

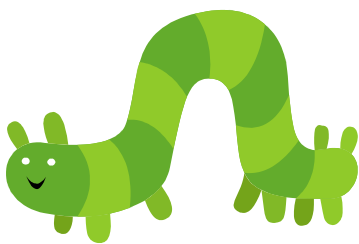


### Elephant



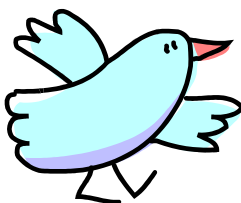
Bending forward at the hips, allow the arms to hang limp. Big lumbering steps should sway you from side to side as you walk, imitating an elephant and his trunk.

### Inchworm



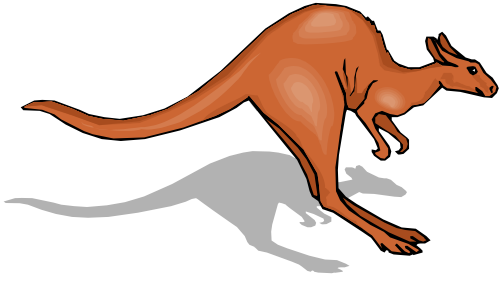
Support the body by hands and toes, keeping body in a straight line. With hands remaining stationary, walk the feet towards the hands, taking tiny steps. Keep the legs straight. Next, keeping the feet stationary, walk the hands forward in tiny steps until the first position is reached.

### Bird



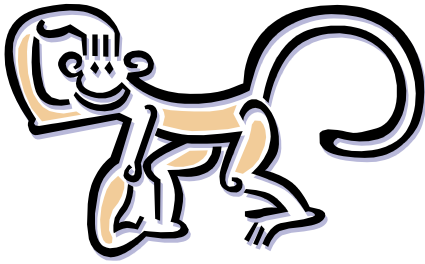
Stand on tip-toes and wave the arms slowly up and down. As the 'wings move faster, run tippy-toe around as if you were flying. As the flapping slows down, the bird comes slowly to a stop.

## Kangaroo



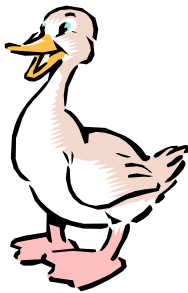
Stand with the feet together. Bend the elbows and tuck hands in towards the body with hands in front. Let the hands dangle limply. Bend the knees and jump forward.

## Monkey



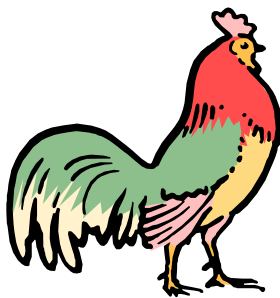
Run forward with both hands on the floor and the knees slightly bent.

## Duck



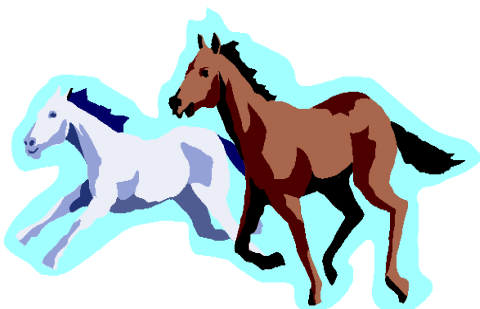
Bend your knees. Place your hands around your ankles. Walk forward one foot at a time, but remain in the knee bent position.

## Rooster



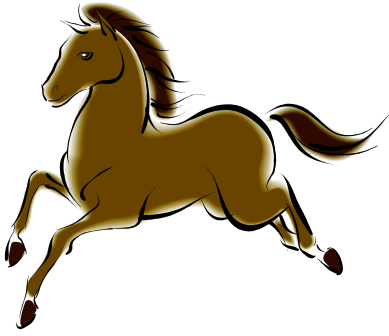
Bending forward at the waist, grasp the ankles. Keep the knees as straight as you can. Walk forward.

## Horses galloping



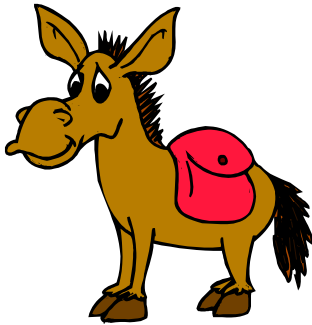
Gallop forwards with hands held simulating grasp on the reins. Change and lead off with the opposite foot.

## Horses Prancing



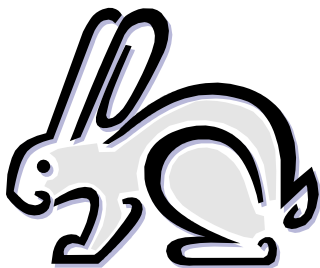
Stand straight, with hands held simulating grasp on reins. Lift knee high with toes pointed. Just as the foot touches the ground again, lift the other knee vigorously. Repeat in a rhythmical motion with forward momentum.

## Mule Kick



Drop to a squat position. Place the palms of the hands on the floor, between the knees. Bear weight on the hands and kick the feet backward vigorously. When the feet hit the ground, stand erect and take two steps forward. Repeat the sequence.

## Bunny



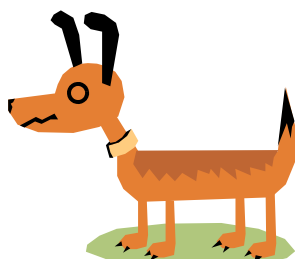
Squat low on heels and place hands palm down on floor. Move the hands forward and bring the feet forward between the hands with a little jump.

## Crab



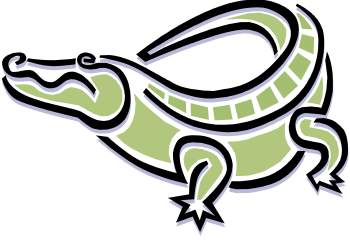
In a squatting position, reach backward with the arms and put both hands flat on the floor behind you. Raise up until the head, neck and body are in a straight line. Walk or run in this position.

## Dog



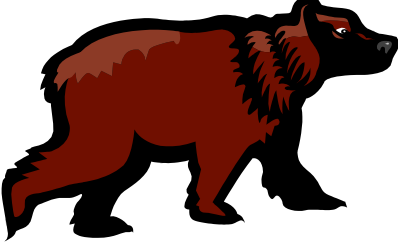
Walk on hands and feet. Weight must be forward on hands and arms. Try 'lame dog' using two hands and one foot.

## Alligator



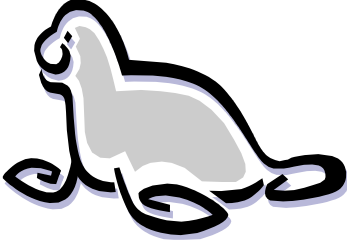
Crawl on stomach using bent arms and legs to manoeuvre body. The right arm moves with the left leg and the left arm with the right leg.

## Bear



Walk on hands and feet, progress forward and backwards, moving arms and legs of the same side simultaneously. Keep the head down.

## Seal



Assume a prone position on the floor. Push the body up with extended arms. Walk forward with the arms while the feet drag behind.

**If you have any comments about this leaflet or the service you have received you can contact :**

NHS at Broad Street Plaza, Telephone No: 01422 261340  
Princess Royal Health Centre, Telephone No: 01484 344299

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਵੇਰ ਪ੍ਰਾਚੁਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو  
ہرائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"