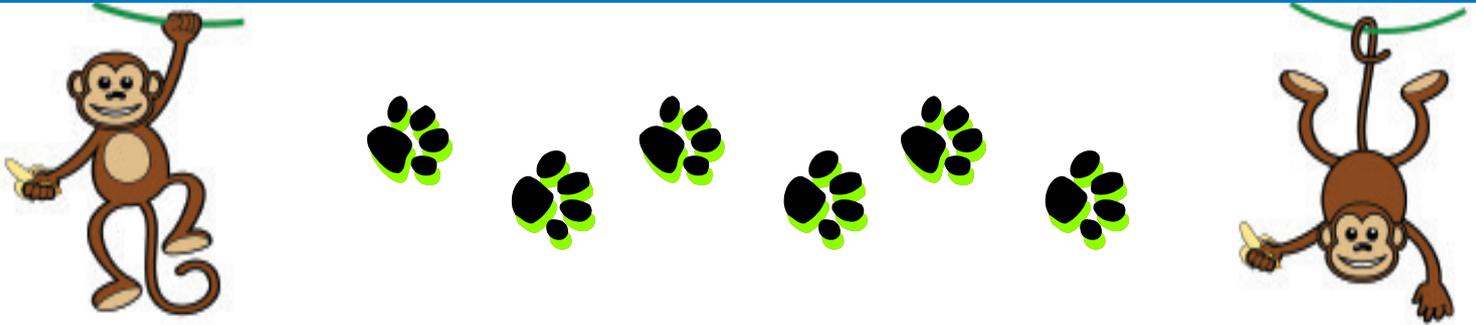
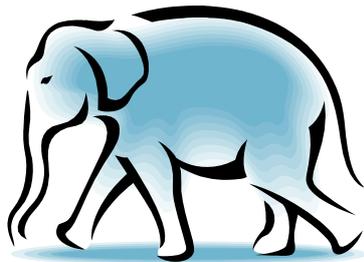


Children's Occupational Therapy Service

Animal Walks

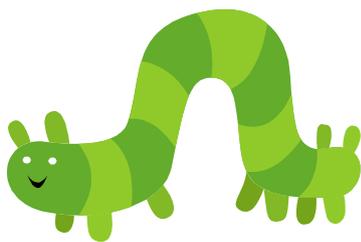


Elephant



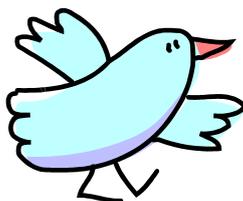
Bend at the hips. Let your arms hang.
Walk slowly.
Swing your arms like a trunk.

Inchworm



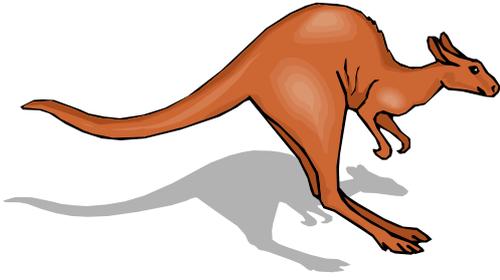
Put your hands and feet on the floor.
Keep your legs straight.
Walk your feet to your hands.
Walk your hands forwards again and repeat.

Bird



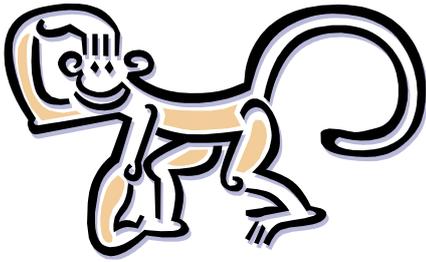
Stand on your tip-toes.
Flap your arms up and down.
Walk around.

Kangaroo



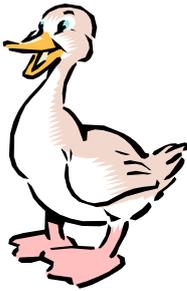
Stand with your feet together.
Bend your knees.
Jump forwards.

Monkey



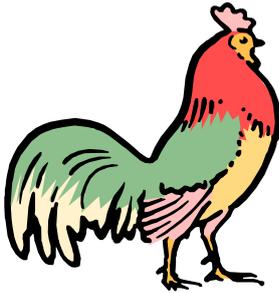
Bend your knees.
Let your arms hang down.
Run like a monkey.

Duck



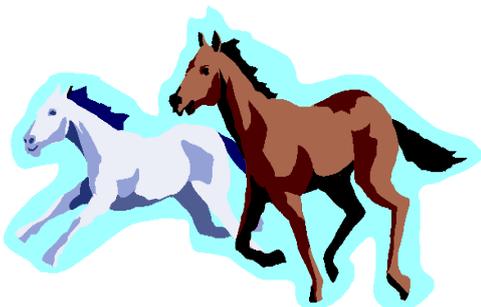
Bend your knees.
Hold your ankles.
Waddle forwards

Rooster



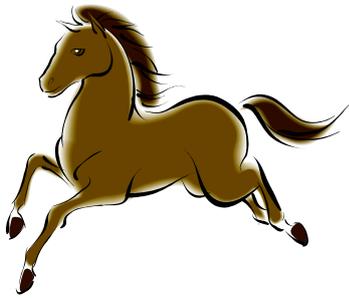
Bend down.
Keep knees straight.
Hold ankles.
Walk forwards.

Horse (Gallop)



Pretend to hold the reins.
Gallop like a horse.

Horse (Prance)



Hold the reins.
Lift your knees high.
Prance.

Donkey Kick



Put your hands on the floor.
Kick legs back.
Stand up.
Try again.

Bunny



Crouch down.
Put your hands on the floor.
Jump your feet to your hands.

Crab



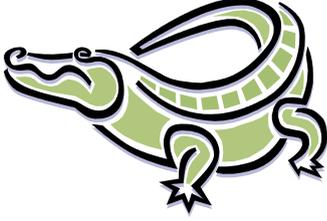
Sit down.
Put your hands behind you.
Lift your tummy up.
Walk like a crab.

Dog



Walk on your hands and feet.
Keep your head down.

Alligator



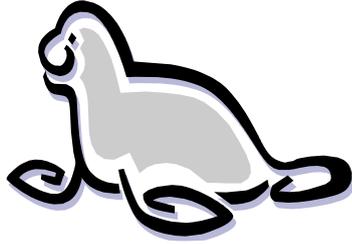
Lie on your tummy.
Move one arm and the other leg forwards.
Now swap.

Bear



Walk on your hands and feet.
Keep your legs straight.

Seal



Lie on your tummy.
Push up on your hands.
Drag your legs behind you.

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

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 کسری اور فارمیٹ کی زبان میں درکار ہوں، تو
برائے 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"