

BRAIN BREAKS



Animal Walks



Animal Walks

WHAT ARE THEY?

Quick and easy exercises that incorporate gross motor skills. The exercises resemble the animal that they are named after. Gross motor skills include but are not limited to – core strength, balance, crossing the midline and agility.

WHY USE THEM?

Animal walks incorporate 'heavy work'. Heavy work is any activity that pushes and pulls against the body. This is also called proprioceptive input. Proprioception lets kids know where their body is in space, where each body part is and what each body part is doing.

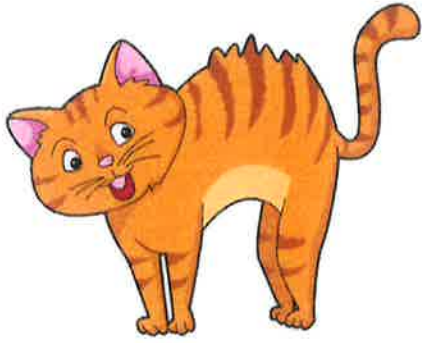
Sometimes proprioception does not work effectively.

This is common in children with sensory processing difficulties or a history of trauma. Some children may hug a friend really hard but think they have applied just the right amount of pressure. Other children may write with very light pressure, despite prompting and demonstration by adults of how hard to push with the pencil.

Heavy work provides input the body needs in a safe way. This input helps the body feel calm, organized, and ready to learn.

Movement or brain breaks can be useful for all children not just those with sensory processing difficulties or trauma backgrounds

CAT WALK



SNAKE WALK



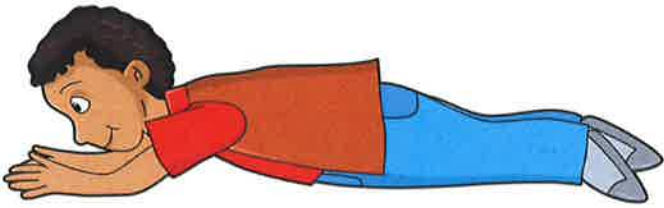
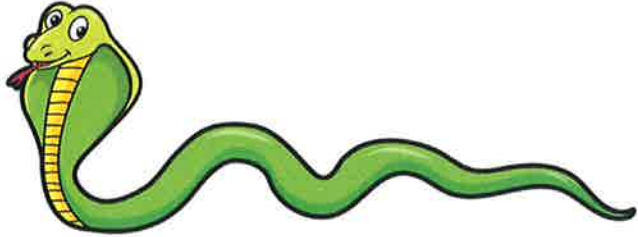
BEAR WALK



BIRD WALK

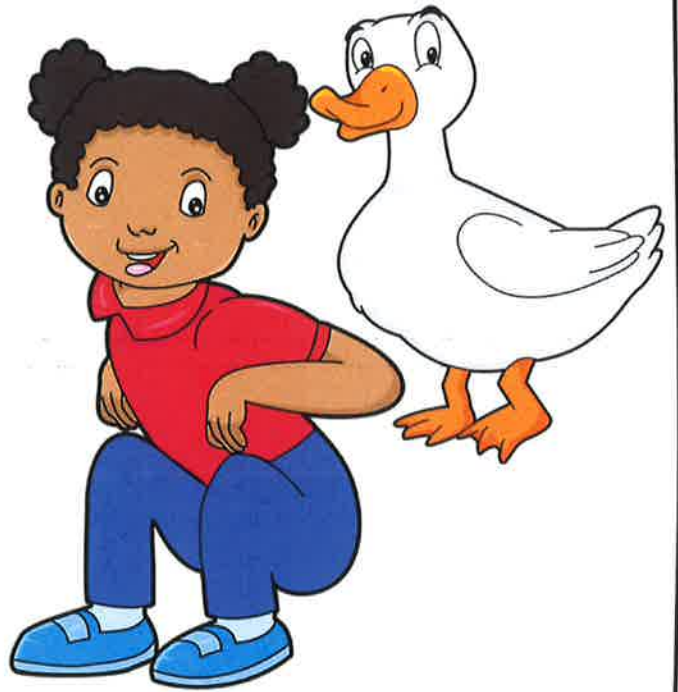


SNAKE SLITHER



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DUCK WALK

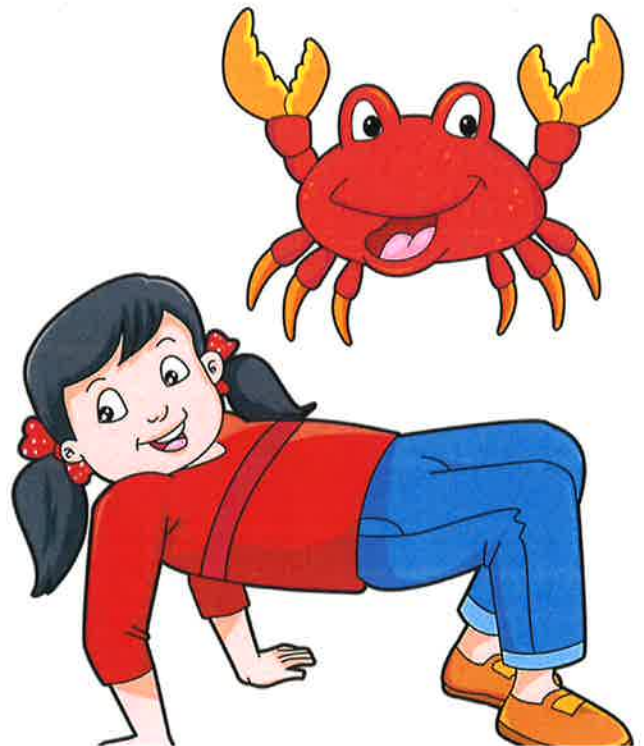


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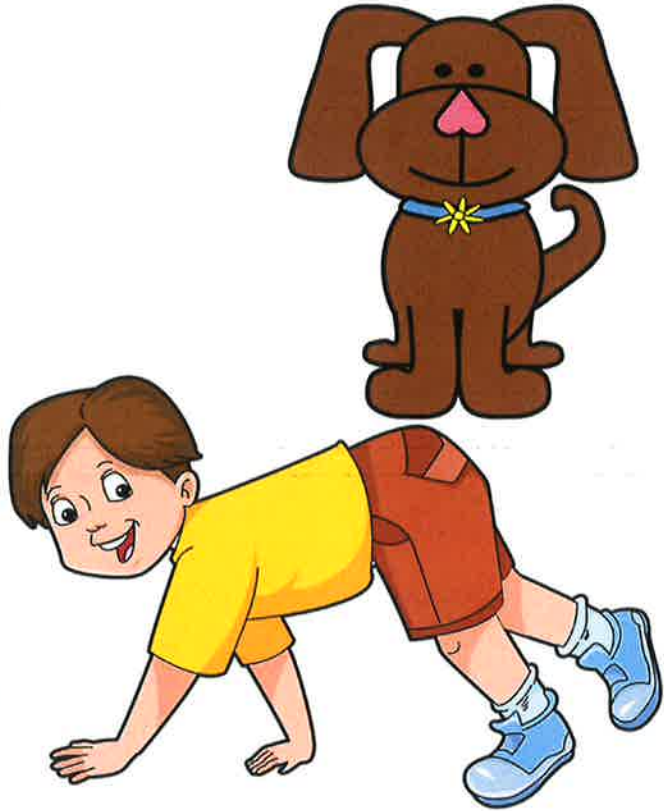
FLAMINGO BALANCE



CRAB WALK



DOG WALK



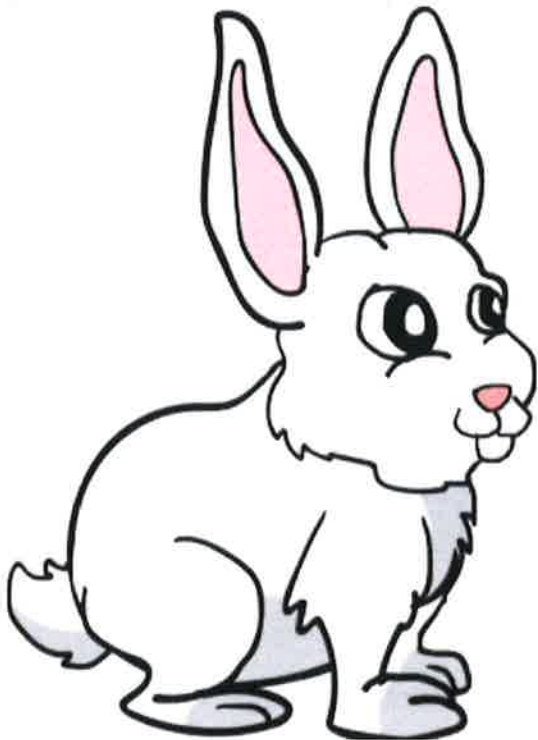
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PENGUIN WADDLE



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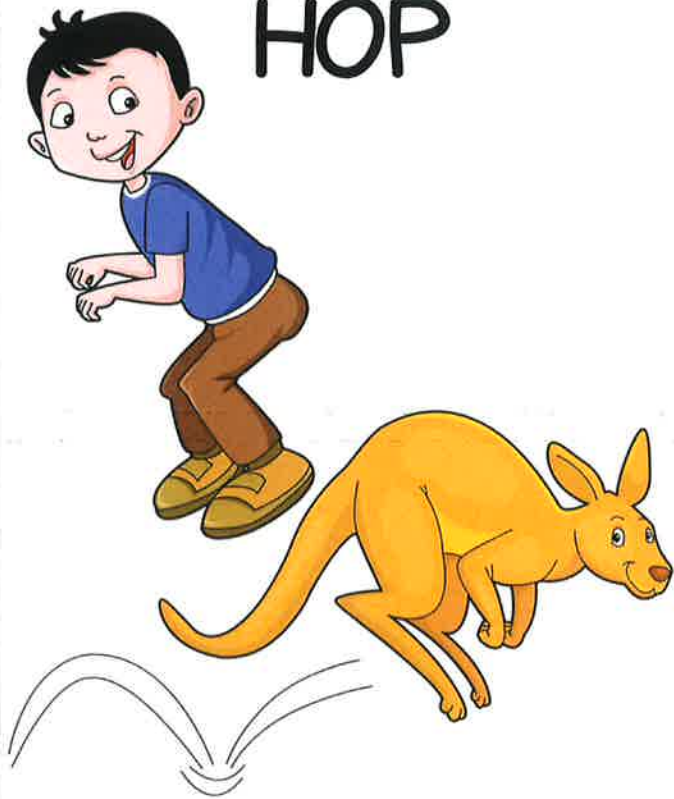
RABBIT HOP



HORSE PRANCE



KANGAROO HOP



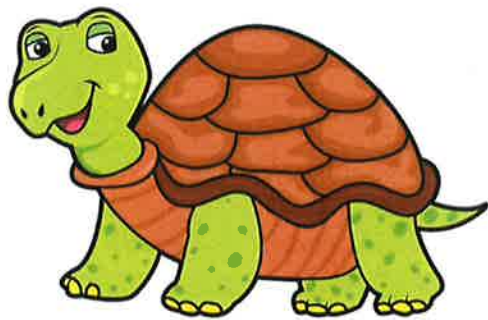
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FROG JUMP



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TURTLE CRAWL



SEAL CRAWL



Animal Walks

Bear Walk	Bend over and place your hands on the floor. Keep your arms and legs as straight as you can with a flat back. Move the right hand/right foot at the same time. Move the left hand/left foot at the same time. Keep your head down.
Bird Walk	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, the bird come to a stop. The adult or a child can be the leader to guide the 'speed' of the bird.
Cat Walk	Bend over and place your hands on the floor. Keep your arms and legs as straight as you can. Arch your back like you are trying to get your belly button as far away from the ground as possible. Move the right hand/foot at the same time. Move the left hand/foot at the same time.
Crab Walk	In a squatting position, reach backward with the arms and put both hands flat on the floor behind you. Raise the stomach up until the head, neck and body are in a straight line. Walk forwards, backwards and sideways.
Dog Walk	Walk on hands and feet. Weight is forward on hands and arms. Try 'injured dog' using two hands and one foot or two feet and one hand.
Duck Walk	Squat down, low to the ground. Place your hands under your armpits to form wings. Flap your wings whilst walking around in a squat position.
Elephant Walk	Bending forward at the hips, allow one arm to hand forward as the trunk, and place the other hand on your head to form a large elephant ear. Big lumbering steps should sway you from side to side as you walk.
Ostrich/Emu Walk	Place your hands on your hips and bend your elbows. Flap your 'wings' back and forth.

Flamingo Balance	Stand on one leg. Tuck your hands under your armpits to make wings. How long can you stand like a flamingo for?
Frog Jump	Squat down with your hands in the middle, between your knees. Use your legs and feet to push off the ground and jump forwards. Try and keep your hands in between your knees.
Giraffe Walk	On your tippy-toes so you are tall like a giraffe, raise one or both hands straight up above your head to form a long neck. If you only raise one hand, lower the other to be the giraffe's tail.
Horse Prance	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.
Kangaroo Hop	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.
Penguin Waddle	Stand with your feet together and your arms by your sides. Point your hands out away from the body to form penguin flippers. Keeping your arms and legs glued together, shuffle around like a penguin.
Rabbit Jump	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/hop.
Seal Crawl	Lay on your stomach. With palms flat on the floor, use your arms to push your chest up. Walk forward with your hands/arms whilst your feet drag behind.
Snake Slither	Lay on your stomach with your arms out in front of you. Wiggle your arms and legs to opposite sides (e.g., arms to the right and legs to the left) to slither along the ground.
Snake Walk	Sit up on your knees and raise both arms above your head to be the snake's body and head. Sway your arms and body together as one, side to side.
Turtle Crawl	Lay on your stomach with your knees and elbows slightly bent. Move slowly like a turtle. Move the