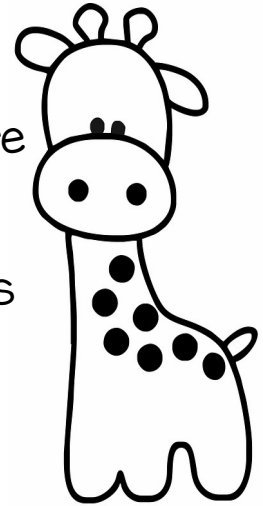


PHYSICAL THERAPY
CORE STRENGTH
HOME EXERCISE
HANDOUT

8 EASY,
Fun and Creative
ANIMAL WALKS
to practice at home



Walking like an animal is a fun and easy way to work on gross motor skills. It builds core strength, and even helps with balance and coordination. Your child can practice animal walks anywhere there is open space! Siblings and friends can join in on the fun. Here are some of the walks your child can practice:



Bear: Place hands and feet on the ground, bottom stays high up in the air. Try to keep arms and legs as straight as possible! Move hands and feet forward alternating Right Hand/Left Foot, Left Hand/Right Foot.

Crab: Place hands and feet on the ground, belly facing upward. Push through arms and legs to lift your bottom off the ground. Keep your bottom off the ground as you move hands and feet just like in **Bear**.

Frog: Crouch down on the ground, hands resting on the ground between feet. Jump up as high as you can, and land in the same position you started in. Try to jump over a small toy or a pillow!

Monkey: While keeping knees bent and feet spaced wide apart, hop quickly from one foot to the other to move forward. Arms may swing or be held on the hips.

Giraffe: Reach arms straight up overhead, rise up onto tiptoes and try to walk without lowering heels to the ground.

Lizard: Lay on your belly, reach your Right Arm forward while bending your Left Leg to bring your Left knee up next to your Left hip. Pull with the arm while pushing with the leg to creep yourself forward. Switch to Left Arm/Right Leg and repeat.

Penguin: Place your arms straight down at your sides, keep your legs straight and lift your toes up off the ground so you are on your heels. Walk forward without letting your toes touch the ground.

Elephant: Clasp your hands together in front of your belly to make a “trunk.” Bend forward at the waist and swing your “trunk” side to side while walking.

Thank You For Your Download!

YOUR FEEDBACK IS VALUABLE!

As Physical Therapists, we are called to further our profession by continuously expanding our skill sets and proving our value.

It is my hope that by creating these resources, I can do my small part to serve the profession and create highly efficient and better-equipped SPTs and DPTs.

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