

ANIMAL WALKS

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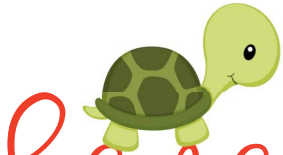
»» *what* ARE
ANIMAL WALKS?

Animal walks allow a child/student to pretend to be an animal.



»» *how* DO YOU USE
ANIMAL WALKS?

Animal walks can be used as part of an obstacle course, game, warm-up activity, etc.



benefits OF ANIMAL WALKS:

»» Improve BODY STRENGTH

»» Improve HAND STRENGTH

»» Allow for heavy work/
WEIGHT BEARING

»» Improve BILATERAL
COORDINATION

»» Following DIRECTIONS

»» Improve MOTOR
PLANNING

»» Improve FINE MOTOR
SKILLS

»» Improve GROSS MOTOR
SKILLS

»» Improve SPATIAL
AWARENESS

