



Animal Actions

Use these fun movement cards to help develop your child's motor skills whilst also giving them a regulating sensory break.





Frog Jump

1. Squat down with your knees wide and your hands on the ground.
2. Push off with your feet to jump forward.
3. See how many jumps you can do.



Butterfly Flap

1. Place your hands on your hips to make a wing shape.
2. Move your arms forwards and backwards to flap.
3. Try to make sure both wings move at exactly the same time.



Tortoise Crawl

1. Get on your hands and knees.
2. Move your right arm and left leg forward at the same time.
3. Then move your left arm and right leg forward.
4. Keep going moving opposite sides.



Bear Walk

1. Bend forward with your hands on the floor and your weight in your legs.
2. Then move your right arm and right leg forward at the same time.
3. Move your left arm and left leg at the same time and keep going.



Snake Slither

1. Lie on the floor on your tummy.
2. Keep your legs straight.
3. Put your forearms on the floor and lift your upper body a little.
4. Move forward using your forearms and slither your legs.



Crab Walk

1. Sit on the floor with your knees bent.
2. Reach back with both hands flat on the floor behind you.
3. Lift your bottom off the floor.
4. Try moving in all directions.