

Animal Actions

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





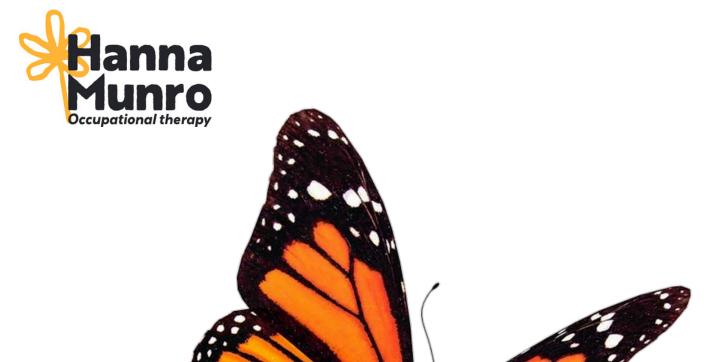






Frog Jump

- 1. Squat down with your knees wide and your hands on the ground.
- 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.
- 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.