Animal Walks

**Frog Jump**
- Squat down like a frog
- Jump as high as you can
- Repeat this across the room

**Bear Walk**
- Extend legs straight
- Head down

**Crab Walk**
- Bottom up for level stomach as the child is able
- Feet under knees

**Caterpillar Crawl**
- Start in downward dog
- Walk hands out to plank
- Walk feet up to downward dog

**Kangaroo Jump**
- Feet together
- Hands to chest
- Small jumps with both feet
- Jumps with hands stationary