



**Children's Centre**

**Canolfan I Blant**

Paediatric Physiotherapy  
Department

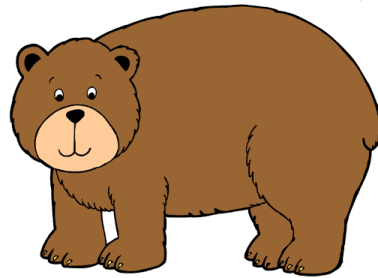
St David's Hospital  
Ysbyty Dewi Sant

CF11 9XB

## Animal Moves

### Bear Walking

Walk on your hands and feet with your legs straight. Make your body look heavy and wide.



### Giraffe Walking

Walk on your tip toes to be as tall as you can. Stretch your body and neck too.



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### Hippo Walking

Make your body wide and your feet flat and heavy. Can you take heavy steps like a hippo?



### Quiet as a mouse

Can you creep around like a mouse? Be quiet and very fast.





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## Jump like a frog

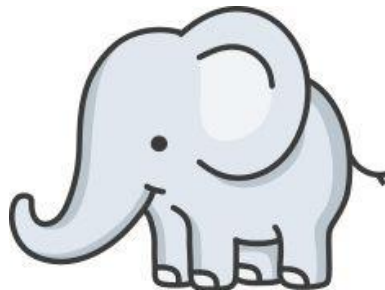
Can you push off your hands and feet and jump high like a frog.



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## Walk like an elephant

Can you move slowly and take big steps like an elephant.





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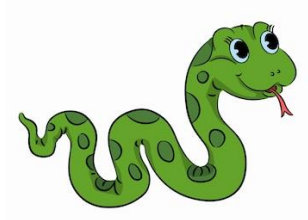
## Jump like a rabbit

Can you put your hands and feet on the floor and jump forwards using your feet and land using your hands first and then your feet.



## Slithering snake

Can you lie on your tummy on the floor and slither along the floor like a snake? You must keep your body as close to the floor as possible.



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