

**Let's be
ANIMALS**

ST  RFISH THERAPIES

Making a Difference

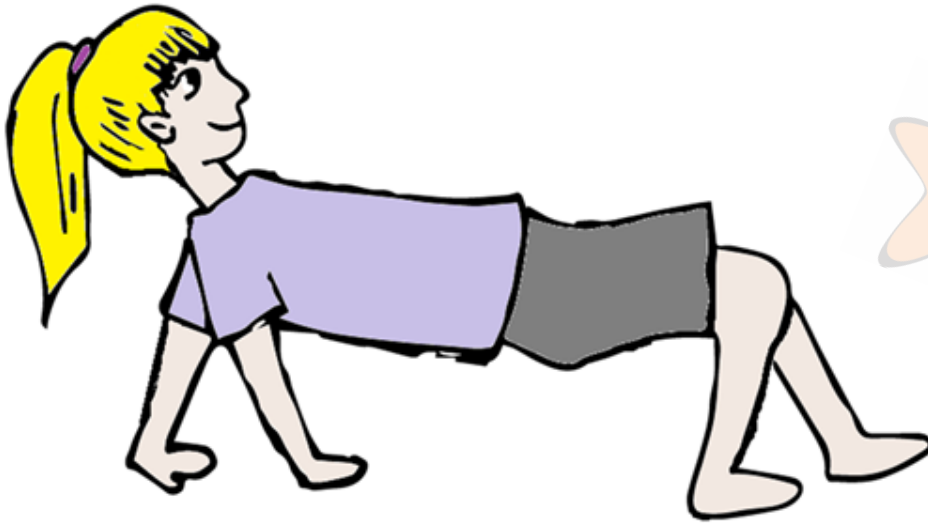
BEAR WALK



BEAR WALK

- **Bend forward so hands and feet are on the floor and knees hover**
- **Walk around and roar like a bear**
- **Variations – forward, backward, sideways, diagonal, over a soft surface like pillows**

CRAB WALK



CRAB WALK

- **Sit on the floor with your knees bent and feet flat on the floor**
- **Place your hands on the floor behind you**
- **Lift your bottom off of the floor**
- **Walk around like a crab**
- **Variations - forward, backward, sideways, diagonal, kick a ball as you move**

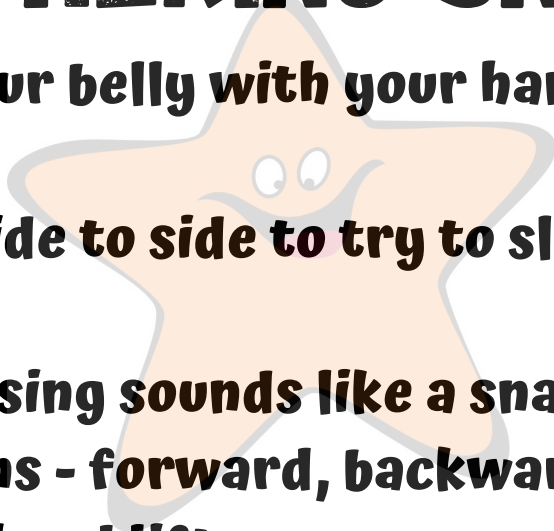
SLITHERING

SNAKE



SLITHERING SNAKE

- **Lie on your belly with your hands by your sides**
- **Wiggle side to side to try to slither forward**
- **Make hissing sounds like a snake**
- **Variations - forward, backward, add a roll or a head lift**



FLAMINGO STANCE



FLAMINGO

- **Place your hands on your hips**
- **Lift one foot up off the floor and stand like a flamingo**
- **Variations - rest foot on other foot to make easier, flap your arms like a bird to make harder**

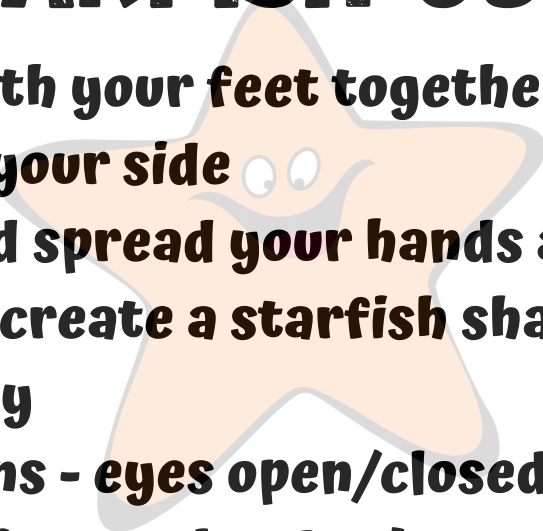


STARFISH

JUMP

STARFISH JUMP

- **Stand with your feet together and your arms at your side**
- **Jump and spread your hands and feet apart to create a starfish shape with your body**
- **Variations - eyes open/closed, jump slightly forward or back**



HORSE GALLOP



HORSE GALLOP

- **Pick one foot to lead, step forward with the lead and then bring the other behind**
- **You can use a broomstick or pool noodle between your legs as you pretend**
- **Gallop around the house while you neigh**
- **Variations - right foot leading, left foot leading, add pauses or play red light-green light**



DINOSAUR STOMP



DINOSAUR STOMP

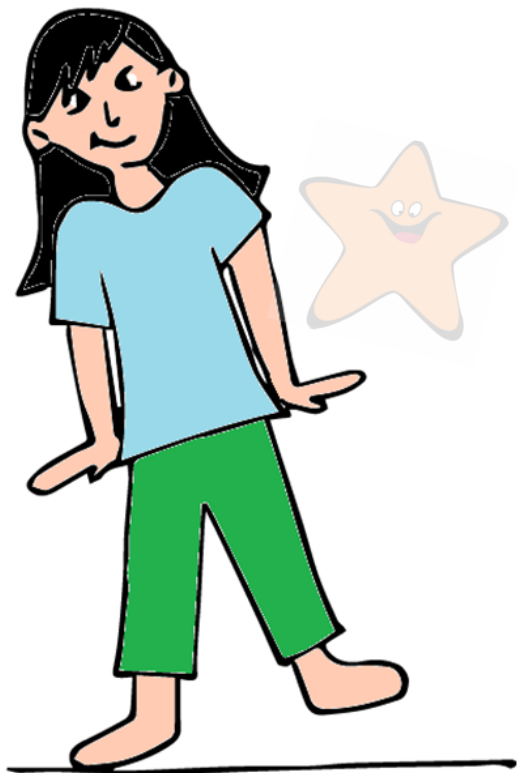
- **Lift your arms up in front of you like t-rex arms**
- **Lift your foot really high and make a big dinosaur stomp**
- **Roar as needed**
- **Variations - right foot stomp, left foot stomp, run between stomps**

FROG JUMP



FROG JUMP

- **Squat to bring hands to the floor and bottom just above the floor**
- **Jump into the air and say ribbit!**
- **Variations - in place, forward, backward, between designated spots**



PENGUIN WADDLE

PENGUIN WADDLE

- **Stand with your feet pointing out and arms at your sides with hands stiff and palms facing down**
- **Waddle around the room like a penguin**
- **Variations - forward, backward, sideways, fast/medium/slow**

BARKING DOG



BARKING DOG

- **Position with hands and knees on the floor**
- **Move, sniff, bark, and play like a dog around your house**
- **Variations - both hands and knees down, front paws up moving on knees only**