

# BRAIN BREAKS



# Animal Walks



# About Me

My name is Julia and I am a Paediatric Occupational Therapist. I am the head of the Occupational Therapy department in a mainstream P-12 school. I am also the director of Tiny Tackers Therapy, a paediatric therapy service. I work in both services with my Kelpie Cross, Luna, who is a certified therapy dog.

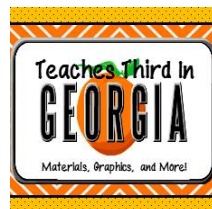
I have experience working with children from a wide range of culturally diverse background, including indigenous Australians, new Australians and individuals with a refugee background, who may or may not have a diagnosed disability, developmental delay, or are at risk of a developmental delay. I work collaboratively with speech and language pathologists, clinical psychologists and pediatricians.

You can buy with confidence from Tiny Tackers Therapy, knowing that all of our resources are created by a Pediatric Occupational Therapist with the appropriate knowledge, skills and expertise to ensure resources are developmentally appropriate for students and based on research evidence.

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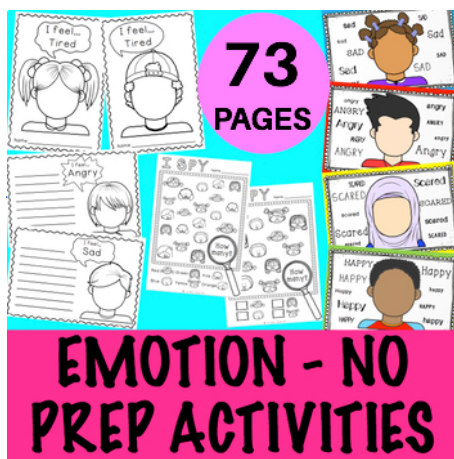
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## Check out my other products



**73 PAGES**

**EMOTION - NO PREP ACTIVITIES**

This product preview shows various worksheets and activities for identifying and expressing emotions. It includes a grid for tracking feelings, a 'I Feel' section with faces, and a 'SAD' section with a girl's face. The text 'EMOTION - NO PREP ACTIVITIES' is written in large, bold, pink letters at the bottom.

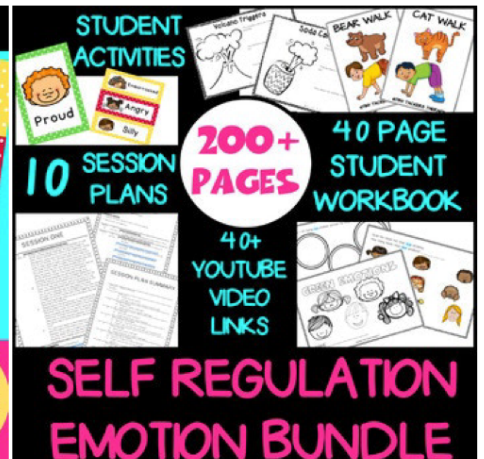


**28 DIFFERENT EMOTIONS**

Sick, Excited, Love, Frustrated, Disappointed, Worried, Joy, Annoyed

**EMOJI WORDWALL**

This product preview features a grid of 28 different emotions, each with a corresponding emoji and a word. The emotions listed are Sick, Excited, Love, Frustrated, Disappointed, Worried, Joy, and Annoyed. The text 'EMOJI WORDWALL' is written in large, bold, pink letters at the bottom.



**STUDENT ACTIVITIES**

**10 SESSION PLANS**

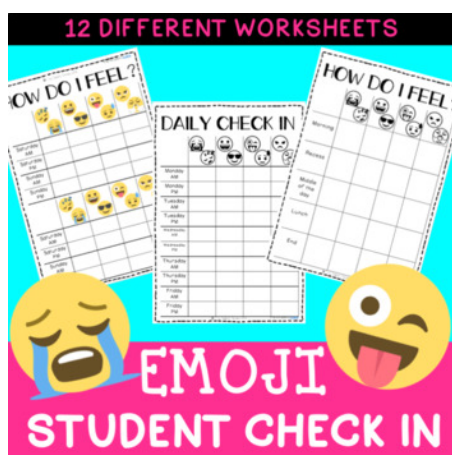
**200+ PAGES**

**40 PAGE STUDENT WORKBOOK**

**40+ YOUTUBE VIDEO LINKS**

**SELF REGULATION EMOTION BUNDLE**

This product preview shows a collection of student activities, session plans, and a workbook. It includes a 'Proud' card, an 'Angry' card, and a 'SAD' card. The text 'SELF REGULATION EMOTION BUNDLE' is written in large, bold, pink letters at the bottom.



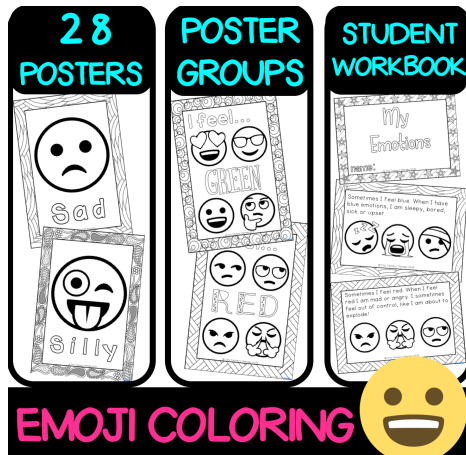
**12 DIFFERENT WORKSHEETS**

HOW DO I FEEL?

DAILY CHECK IN

**EMOJI STUDENT CHECK IN**

This product preview shows 12 different worksheets for tracking emotions. It includes a 'HOW DO I FEEL?' worksheet with a grid and a 'DAILY CHECK IN' worksheet with a grid. The text 'EMOJI STUDENT CHECK IN' is written in large, bold, pink letters at the bottom.



**28 POSTERS**

**POSTER GROUPS**

**STUDENT WORKBOOK**

**EMOJI COLORING**

This product preview shows 28 posters, poster groups, and a student workbook. It includes a 'Sad' poster with a sad face, a 'Silly' poster with a silly face, and a 'GREEN' poster with a green face. The text 'EMOJI COLORING' is written in large, bold, pink letters at the bottom.



**6 DIFFERENT PRODUCTS**

HOW DO I FEEL?

Feeling Yellow

**MY STRATEGIES**

**EMOJI SELF-REGULATION**

This product preview shows 6 different products for self-regulation. It includes a 'HOW DO I FEEL?' worksheet with a grid and a 'Feeling Yellow' worksheet with a grid. The text 'EMOJI SELF-REGULATION' is written in large, bold, pink letters at the bottom.

# Animal Walks

These cards are designed to be printed double sided and laminated for durability.

Please ensure you understand your printer settings prior to printing to ensure the correct back is printed to each card.



# Animal Walks

## WHAT ARE THEY?

Quick and easy exercises that incorporate gross motor skills. The exercises resemble the animal that they are named after. Gross motor skills include but are not limited to – core strength, balance, crossing the midline and agility.

## WHY USE THEM?

Animal walks incorporate 'heavy work'. Heavy work is any activity that pushes and pulls against the body. This is also called proprioceptive input. Proprioception lets kids know where their body is in space, where each body part is and what each body part is doing.

Sometimes proprioception does not work effectively.

This is common in children with sensory processing difficulties or a history of trauma. Some children may hug a friend really hard but think they have applied just the right amount of pressure. Other children may write with very light pressure, despite prompting and demonstration by adults of how hard to push with the pencil.

Heavy work provides input the body needs in a safe way. This input helps the body feel calm, organized, and ready to learn.

Movement or brain breaks can be useful for all children not just those with sensory processing difficulties or trauma backgrounds.

# Animal Walks

<b>Bear Walk</b>	Bend over and place your hands on the floor. Keep your arms and legs as straight as you can with a flat back. Move the right hand/right foot at the same time. Move the left hand/left foot at the same time. Keep your head down.
<b>Bird Walk</b>	Stand on tip-toes and wave the arms slowly up and down. As the wings move faster run tippy-toe around as if you were flying. As the flapping slows, the bird come to a stop. The adult or a child can be the leader to guide the 'speed' of the bird.
<b>Cat Walk</b>	Bend over and place your hands on the floor. Keep your arms and legs as straight as you can. Arch your back like you are trying to get your belly button as far away from the ground as possible. Move the right hand/foot at the same time. Move the left hand/foot at the same time.
<b>Crab Walk</b>	In a squatting position, reach backward with the arms and put both hands flat on the floor behind you. Raise the stomach up until the head, neck and body are in a straight line. Walk forwards, backwards and sideways.
<b>Dog Walk</b>	Walk on hands and feet. Weight is forward on hands and arms. Try 'injured dog' using two hands and one foot or two feet and one hand.
<b>Duck Walk</b>	Squat down, low to the ground. Place your hands under your armpits to form wings. Flap your wings whilst walking around in a squat position.
<b>Elephant Walk</b>	Bending forward at the hips, allow one arm to hand forward as the trunk, and place the other hand on your head to form a large elephant ear. Big lumbering steps should sway you from side to side as you walk.
<b>Ostrich/Emu Walk</b>	Place your hands on your hips and bend your elbows. Flap your 'wings' back and forth.

<b>Flamingo Balance</b>	Stand on one leg. Tuck your hands under your armpits to make wings. How long can you stand like a flamingo for?
<b>Frog Jump</b>	Squat down with your hands in the middle, between your knees. Use your legs and feet to push off the ground and jump forwards. Try and keep your hands in between your knees.
<b>Giraffe Walk</b>	On your tippy-toes so you are tall like a giraffe, raise one or both hands straight up above your head to form a long neck. If you only raise one hand, lower the other to be the giraffe's tail.
<b>Horse Prance</b>	Stand straight, with hands held simulating grasp on reins. Lift knee high with toes pointed. Just as the foot touches the ground again, lift the other knee vigorously. Repeat in a rhythmical motion with forward momentum.
<b>Kangaroo Hop</b>	Stand with the feet together. Bend the elbows and tuck hands in towards the body with hands in front. Let the hands dangle limply. Bend the knees and jump forward.
<b>Penguin Waddle</b>	Stand with your feet together and your arms by your sides. Point your hands out away from the body to form penguin flippers. Keeping your arms and legs glued together, shuffle around like a penguin.
<b>Rabbit Jump</b>	Squat low on heels and place hands palm down on floor. Move the hands forward and bring the feet forward between the hands with a little jump/hop.
<b>Seal Crawl</b>	Lay on your stomach. With palms flat on the floor, use your arms to push your chest up. Walk forward with your hands/arms whilst your feet drag behind.
<b>Snake Slither</b>	Lay on your stomach with your arms out in front of you. Wiggle your arms and legs to opposite sides (e.g., arms to the right and legs to the left) to slither along the ground.
<b>Snake Walk</b>	Sit up on your knees and raise both arms above your head to be the snakes body and head. Sway your arms and body together as one, side to side.
<b>Turtle Crawl</b>	Lay on your stomach with your knees and elbows slightly bent. Move slowly like a turtle. Move the opposite arm and leg (e.g., right arm and left leg).

# BEAR WALK



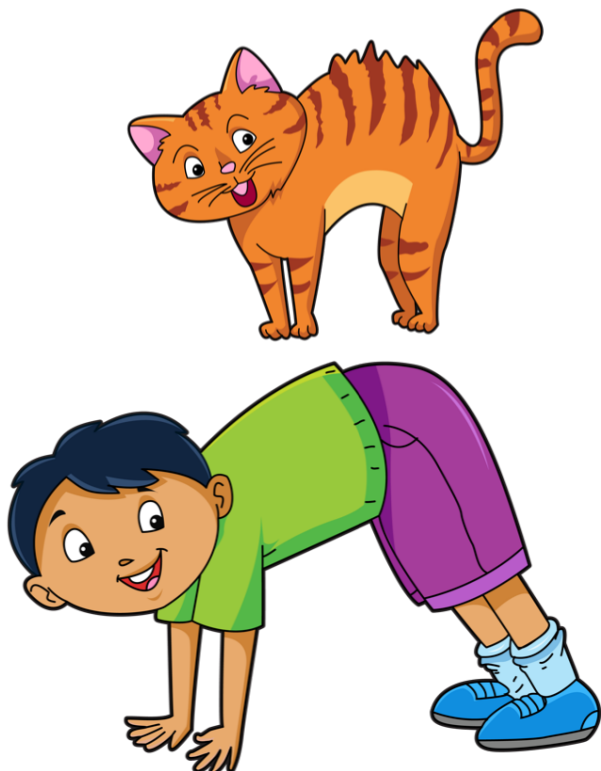
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# BIRD WALK



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# CAT WALK



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# SNAKE WALK



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# BEAR WALK

- Bend over, place hands on the floor
- Keep arms and legs straight and back flat
- Move right hand/foot at the same time
- Move left hand/foot at the same time
- Keep head down

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# BIRD WALK

- Stand on tip-toes
- Wave arms slowly up and down
- As wings move faster, run on tippy-toes faster
- As flapping slows, the bird comes to a stop
- Adult or leader can set the pace in a group

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# CAT WALK

- Bend over and place hands on the floor.
- Keep arms and legs straight
- Arch your back to get your belly button far away from the ground
- Move sides of body together (i.e., right hand/foot)

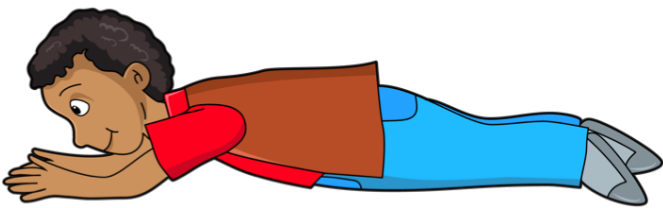
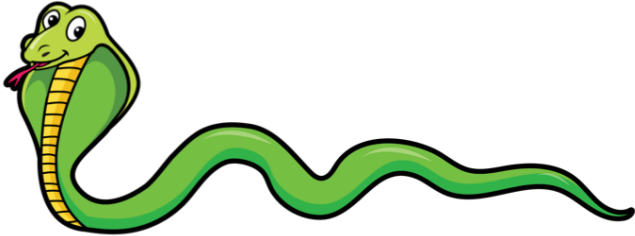
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# SNAKE WALK

- Sit up on your knees
  - Raise both arms above your head to be the snakes body and head
- Sway your arms and body together as one, side to side

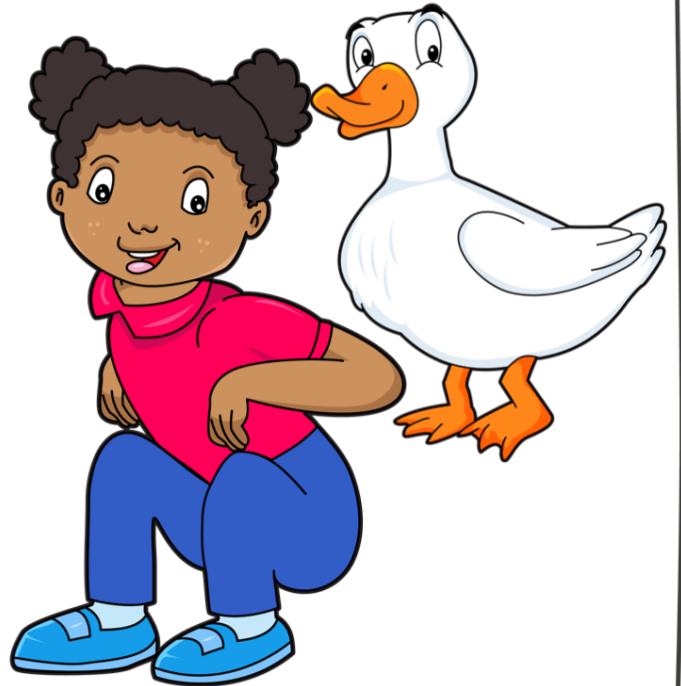
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# SNAKE SLITHER



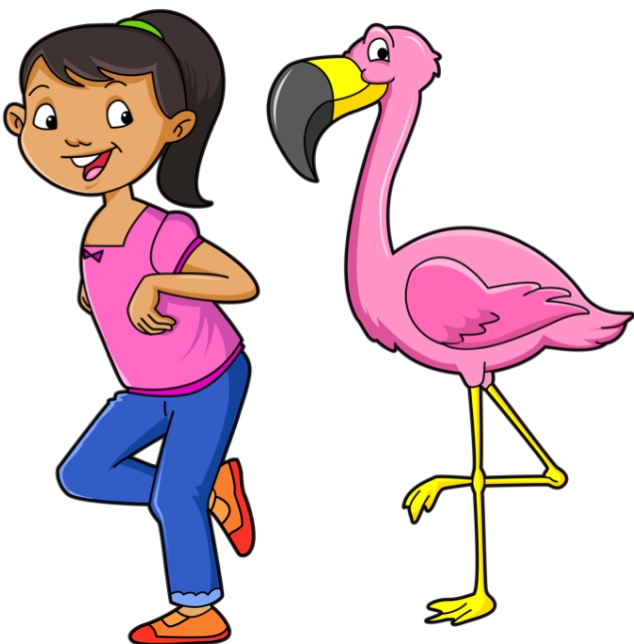
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# DUCK WALK



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# FLAMINGO BALANCE



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# CRAB WALK



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# SNAKE SLITHER

- Lay on stomach with arms out in front
- Wiggle arms and legs of opposite sides to slither along the ground
- Arms to the right/legs to the left
- Legs to the right/arms to the left

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# DUCK WALK

- Squat down
- Place hands under armpits for wings
- Flap wings whilst walking around in a squat position

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# FLAMINGO BALANCE

- Stand on one leg
- Tuck your hands under armpits for wings
- How long can you stand still like a flamingo?
- Try on the other leg

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# CRAB WALK

- Squat and reach backwards with your arms
- Put both hands flat on the floor behind you
- Raise stomach up until head, neck and body are in a straight line
  - Walk forwards, backwards and sideways

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# KANGAROO HOP



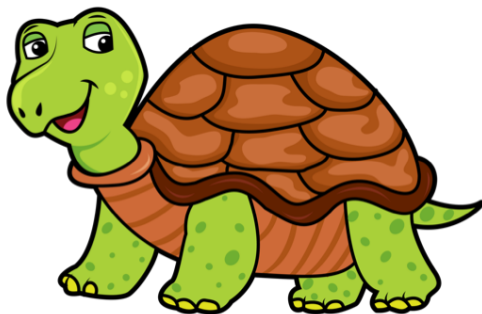
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# FROG JUMP



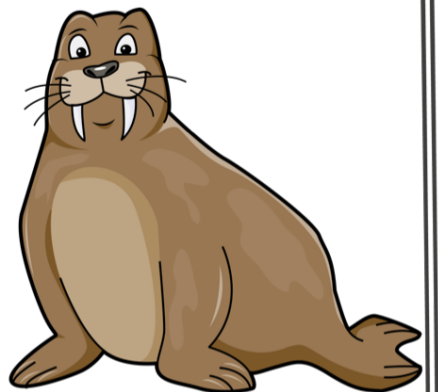
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# TURTLE CRAWL



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# SEAL CRAWL



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# KANGAROO HOP

- Stand with feet together
- Bend elbows and tuck hands in towards the body. Hands in front
- Let the hands dangle
  - Bend the knees
  - Jump forward

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# FROG JUMP

- Squat down
- Place your hands in the middle, between your knees
- Use legs/feet to push off the ground
  - Jump forwards
  - Try to keep your hands between your knees

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# TURTLE CRAWL

- Lay on your stomach with knees and elbows slightly bent
  - Move slowly like a turtle
- Move the opposite arm and leg

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# SEAL CRAWL

- Lay on your stomach
- With palms flat on the floor, use your arms to push your chest up
  - Walk forward with your hands/arms
  - Let your feet drag behind

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# ELEPHANT WALK



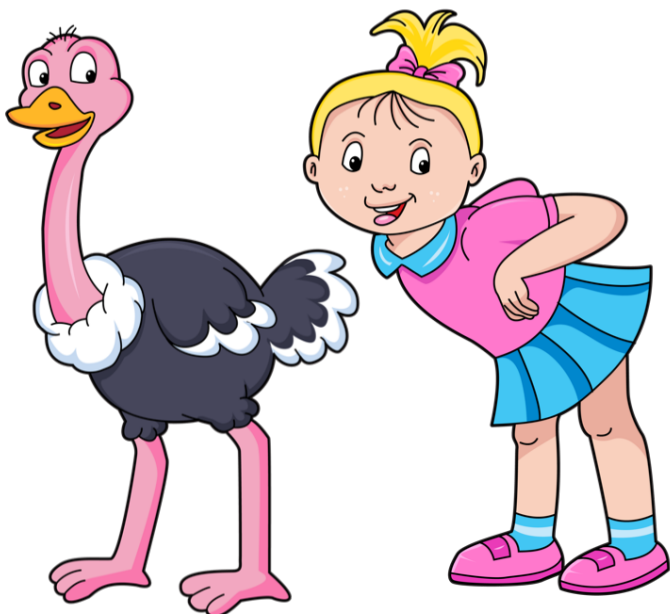
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# GIRAFFE WALK



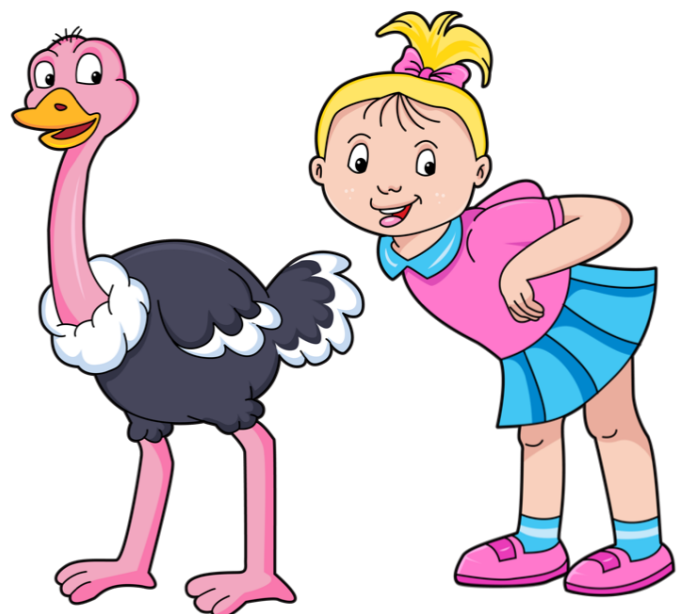
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# OSTRICH WALK



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# EMU WALK



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# ELEPHANT WALK

- Bend forward at the hips
- Allow one hand to fall forward as the trunk
- Place the other on your head to form an ear
- Big lumbering steps sway the elephant from side to side

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# GIRAFFE WALK

- Stand on tippy-toes
- Raise one or both hands up above your head to form a long neck
- If you only raise one hand, lower the other to form a tail

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# OSTRICH WALK

- Place your hands on your hips and bend your elbow
- Flap your wings back and forth

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# EMU WALK

- Place your hands on your hips and bend your elbow
- Flap your wings back and forth

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# DOG WALK



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# PENGUIN WADDLE



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# RABBIT HOP



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# HORSE PRANCE



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# DOG WALK

- Walk on hands and feet
- Weight is forward on hands and arms
- Try 'injured dog' using two hands and one foot, or two feet and one hand

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# PENGUIN WADDLE

- Stand with your feet stuck together
- Arms stuck to your sides
- Point your hands out away from the body to form penguin flippers
- Keeping your arms and legs stuck together, shuffle around like a penguin

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# RABBIT HOP

- Squat low and place hands palm down on the floor
- Move the hand forward
- Bring the feet forward between the hand with a little 'hop'

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# HORSE PRANCE

- Stand up straight and hold onto imaginary reins
- Lift one knee high with toes pointed. As this foot goes down to touch the ground, lift the other knee quickly
  - Repeat

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