

WACKY WALKING

Purpose: These activities help children improve leg strength and gross motor coordination, while gaining spatial awareness. This spatial awareness helps them move more comfortably and confidently.

Directions: Have children walk around the room a variety of ways to explore the area and become oriented to their space
Have them walk to the beat of a drum, hand clapping or some music to enhance rhythm skills.
Have them say the word *step, step, step* or make some other sound as they walk around. This helps to improve the integration of communication between the brain, nervous system and muscles.

How Many Ways Can You Walk?

Baby steps - Giant steps,

Stiff like a robot

Wiggle like Jell-O

Reach up and walk tall - squat down and walk small

Deep snow or tall grass

Hot coals

Outer space

Tip toes - heels

Outside or inside of feet

Animals

Train - plane

Toes pointing in or out

Sideways, backwards or in circles, triangles, squares etc...

Walk and freeze

Walk and slap each other five or touch elbows, hips etc....

Walk and count to different numbers

Walk and recite the ABC's

Mood Swinging - Walk and act out different emotions (sad, happy, confused, brave, mad)

Walk with a limp

Walk like a clown by wiggling the hips and shoulders.

Fanny Walk - walk around in sitting position.

Hop, skip or leap

Walk in groups of 2,3,4, etc....holding hands, waists, shoulders, elbows or back to back holding hands

