

COLOR VERSION

# ANIMAL WALK



## Transition

## cards

**4** CARDS PER PAGE

### INSTRUCTIONS:

1. Print pages 2 - 7 double sided on card stock, heavy paper, and/or laminate.
2. Cut out each individual card.
3. Use cards when transitioning from one task to another, when transitioning to and from therapy, classrooms, or around the home setting.

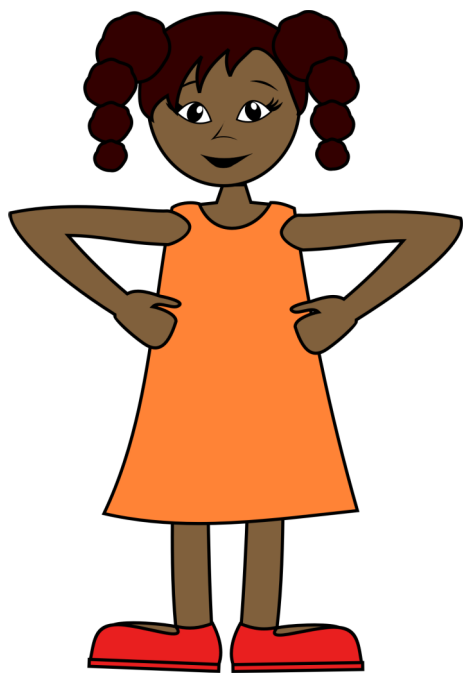
Border from the pond  
<https://www.teacherspayteachers.com/Store/Graphics-From-The-Pond>

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# BIRD WALK



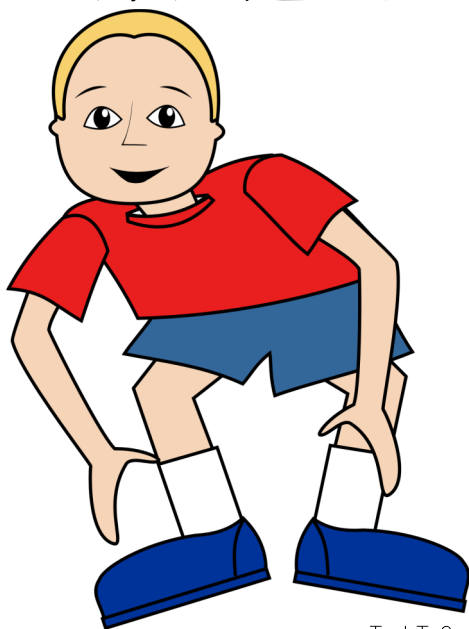
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# CRAB WALK



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# GORILLA WALK



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# BEAR WALK



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## ANIMAL WALK Transition Cards

### CRAB WALK

- 1 In a squatting position, reach backwards with your arms and put both hands flat on the floor behind you.
- 2 Raise up bottom until your head, neck, and body are in a straight line.
- 3 Move forward, backwards, or sideways.

## ANIMAL WALK Transition Cards

### BIRD WALK

- 1 Place your hands on your hips and bend your elbows.
- 2 Move your elbows back and forth to flap your wings!

## ANIMAL WALK Transition Cards

### BEAR WALK

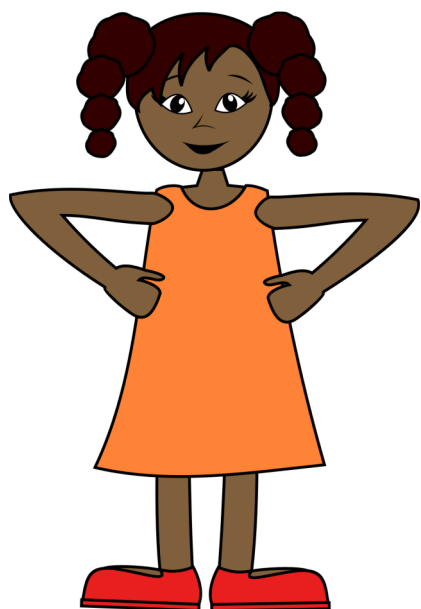
- 1 Bend forward to place hands on floor while keeping your weight on your feet.
- 2 Move right hand and right foot at the same time.
- 3 Move left foot and left hand at the same time.

## ANIMAL WALK Transition Cards

### GORILLA WALK

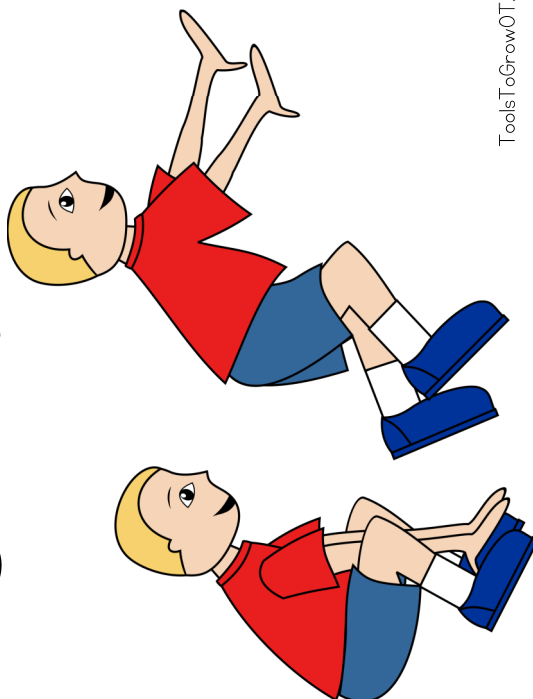
- 1 Bend forward and hang your arms down.
- 2 Swing arms side to side while moving forward with knees slightly bent.

# BUTTERFLY WALK



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# FROG JUMP



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# SEAL WALK



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# SNAKE WALK



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## ANIMAL WALK Transition Cards

### FROG JUMP

- 1 Squat down with your hands in-between your knees.
- 2 Push off with your feet to spring forward.

## ANIMAL WALK Transition Cards

### BUTTERFLY WALK

- 1 Place your hands on your hips and bend your elbows.
- 2 Move your elbows back and forth to flap your wings!

## ANIMAL WALK Transition Cards

### SNAKE WALK

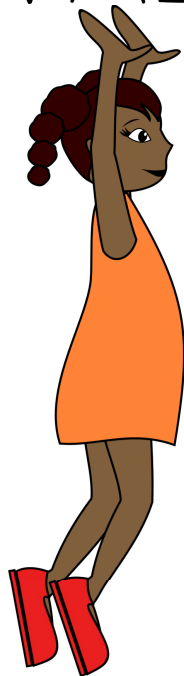
- 1 Lay on your stomach on the floor.
- 2 Bend your elbows and keep your legs straight.
- 3 Move yourself forward with your elbows while your legs slither.

## ANIMAL WALK Transition Cards

### SEAL WALK

- 1 Lay on your stomach on the floor.
- 2 Push up your body with straight arms.
- 3 Move forward with your arms while you drag your feet.

# GIRAFFE WALK



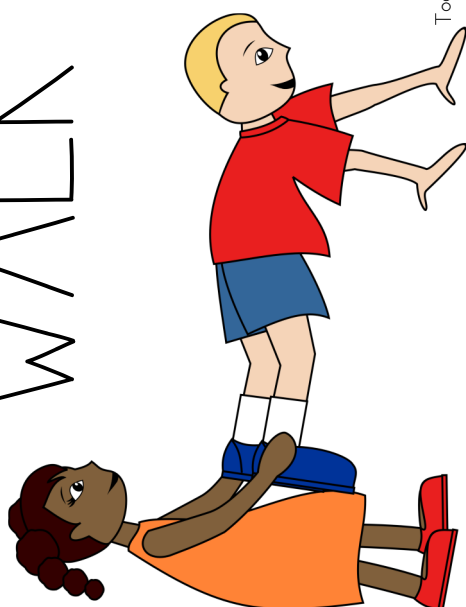
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# RABBIT WALK



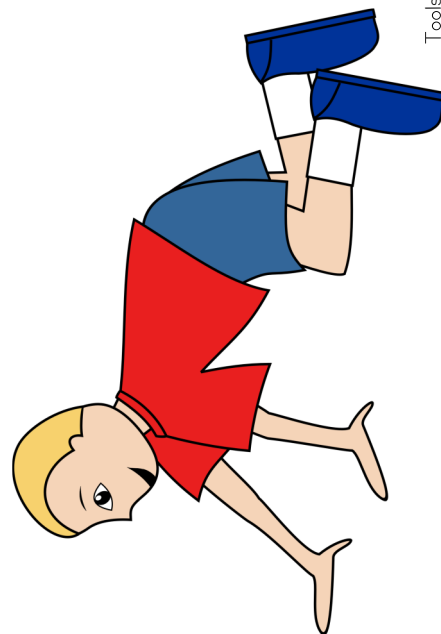
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# WHEELBARROW WALK



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# TURTLE WALK



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## ANIMAL WALK Transition Cards

### RABBIT JUMP

- 1 Squat down to touch the floor with your palms flat.
- 2 Move hands forward and quickly follow with your feet to hop.

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## ANIMAL WALK Transition Cards

### GIRAFFE WALK

- 1 Get up on your toes.
- 2 Raise both arms straight above head, resting one hand on top of the other.
- 3 As you move forward on tippy toes, move arms back and forth.

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## ANIMAL WALK Transition Cards

### TURTLE WALK

- 1 Kneel on all fours.
- 2 Slowly move your right arm and left leg at the same time.
- 3 Next move your left arm and right leg at same time.

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## ANIMAL WALK Transition Cards

### WHEELBARROW WALK

- 1 While on your knees, keep elbows straight and place your hand on the floor.
- 2 A person will pick up your feet by holding your ankles while you walk forward with your hands.

Note: May need to hold your knees.

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