

BRAIN BREAKS



Animal Walks

FREEBIE



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.

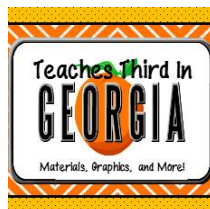
I have experience working with children from a wide range of culturally diverse background, including indigenous Australians, new Australians and individuals with a refugee background, who may or may not have a diagnosed disability, developmental delay, or are at risk of a developmental delay. I work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

Terms of Use

- © 2018 Tiny Tackers Therapy
- This product is to be used by the buyer only for his or her classroom.
- You are not permitted to resell, distribute, or claim this product as your own.
- Please direct others interested in using these resource back to the original source (this page). Multiple licenses can be purchased if you wish to share with other teachers.

Credit to...



<https://www.teacherspayteachers.com/Store/Megan-Shea-7191>

<https://www.teacherspayteachers.com/Store/G-Is-For-Graphics>

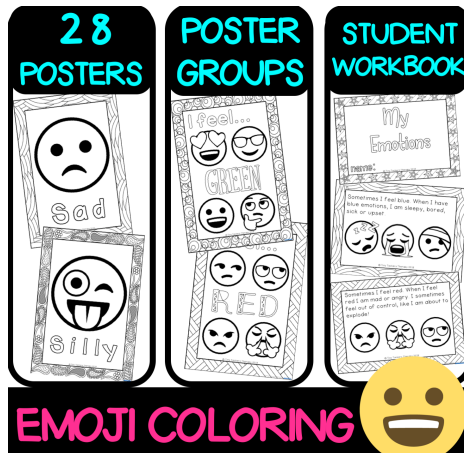
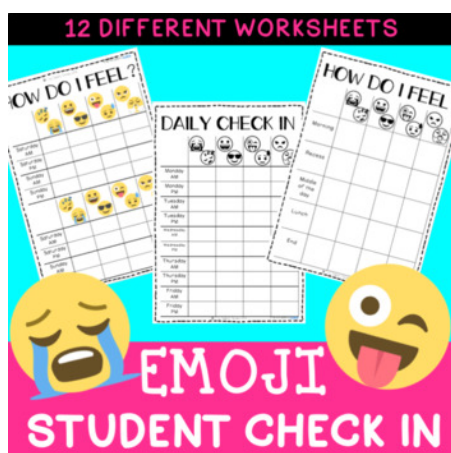
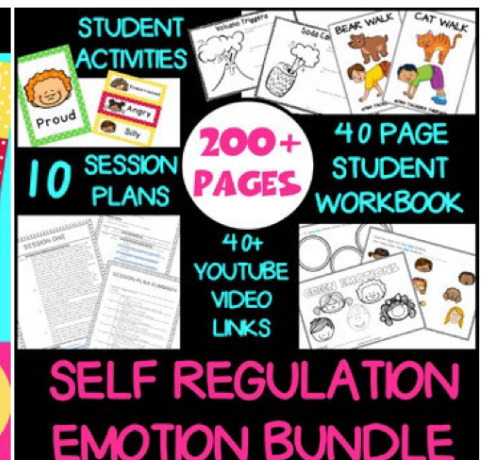
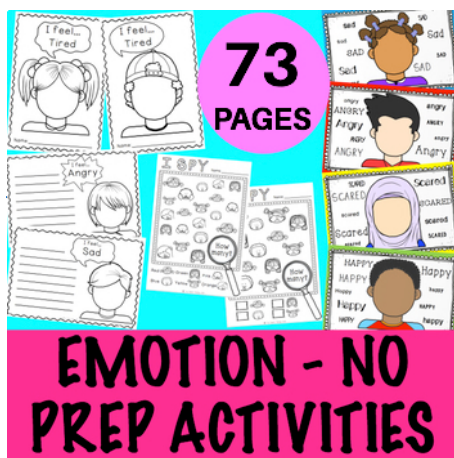
FOLLOW ME:

<https://www.facebook.com/tinytackers/>

<https://www.instagram.com/tinytackerstherapy/>

<https://www.pinterest.com.au/TinyTackersTherapy/pins/>

Check out my other products



Animal Walks

These products can be used in isolation, or together. The same images are used to assist children to transfer the concepts between products.

This product includes black and white, and colour versions of each item.

- Daily check in (morning, recess, middle of the day, lunch, end)
- Weekly check in (AM and PM for Monday – Friday)
- Weekend check in (AM and PM for Saturday and Sunday)

Click here to purchase the full version of this product:



BEAR WALK



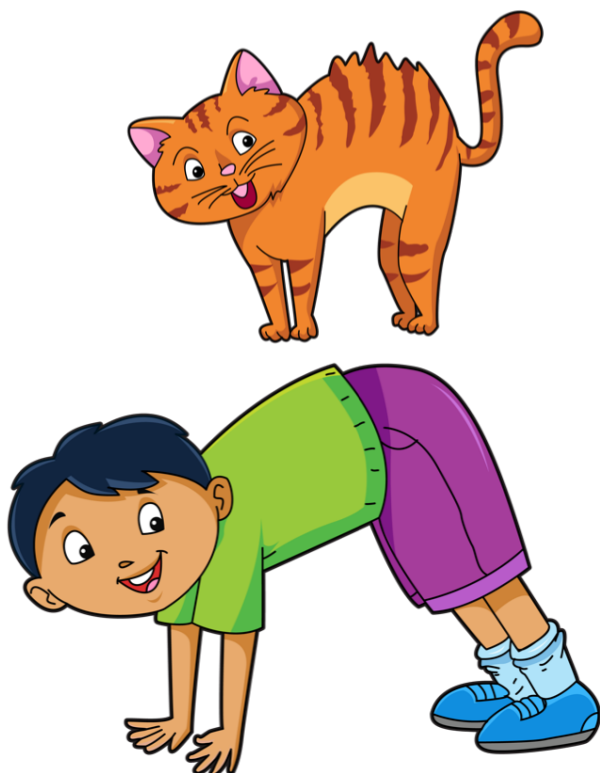
© Tiny Tackers Therapy 2018

BIRD WALK



© Tiny Tackers Therapy 2018

CAT WALK



© Tiny Tackers Therapy 2018

SNAKE WALK



© Tiny Tackers Therapy 2018

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

© Tiny Tackers Therapy 2018

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

© Tiny Tackers Therapy 2018

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)

© Tiny Tackers Therapy 2018

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

© Tiny Tackers Therapy 2018