



## Why?



*Helps to develop:*

- body awareness
- understanding the difference between light and strong movements
- different ways of moving

## Wacky Walking



Where Can I Play:  
**Indoors or Outdoors**

## Let's Play



### Activity 1

- Ask the child to move in different ways – walk, run, jump, hop, skip etc.

### Activity 2

- Ask the child to walk in different ways, for example, like they are happy, sad, angry or in a strong wind.

### Activity 3

- Play some different types of music and ask the child to move to the music. Dance with the child to your favourite song and ask them to choose a song to dance to.

## Let's Change Things



- Walk, hop and/or skip making different shapes on the ground, for example, zig zag, spiral. Ask the child to show you more.
- Play follow my leader, moving in different ways and at different speeds.
- Make a memory game – walk forwards to the sofa, walk sideways to the TV, walk backwards to the door. Make a list of around four things, can the child remember?