

## Animals

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### Bear Crawl:



Try walking like different animals such as:

- Bear crawling
- Penguin

### Animal jumps:



Try hopping like different animals such as:


- Frog
- Kangaroo
- Bunny



**This leaflet is available in large print and other formats and languages.**

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Exercises for your children

## Physiotherapy Exercises for Young Children

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## Strengthening Exercises



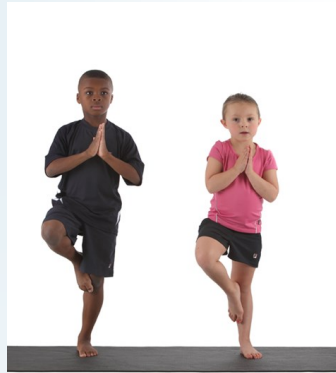
Lie down with knees bent and feet on the floor. Lift your bottom and lower back up like a bridge. Hold for 10 seconds then lower

### Crab Walk:



Sit on your bottom with hands behind you. Push up into the above position and walk backwards like a crab.

### Single Leg Stand/Flamingo



Stand and balance on one leg like a flamingo. Try to hold for 30 seconds.

### Tight Rope Walking:



Imagine you are walking heel to toe on a tight rope or straight line.

### Wheel Barrow:



Wheel barrow walk by getting a parent or sibling to hold your legs up while you walk with your hands.

### Donkey Kicks:



Kick both legs back behind you like a donkey. Next, imagine your donkey is poorly and kick one leg back at a time.