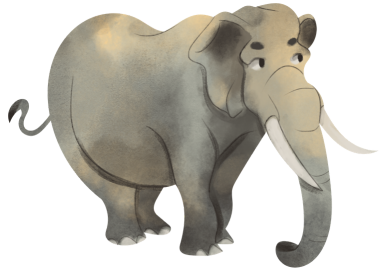


## ELEPHANT WALK

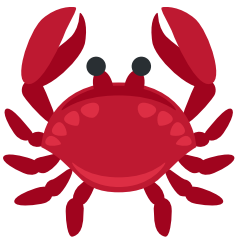


Put your arms together in front of your body.

Swing your arms like a trunk as you walk with a stomp.

# Mindful Movement Animal Walks

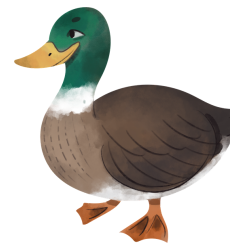
## CRAB WALK



Put your hands on the floor behind you.

Walk backwards on all fours.

## DUCK WALK



Squat and tuck your hands into your armpits to make wings.

Walk in the squat position while flapping your wings.