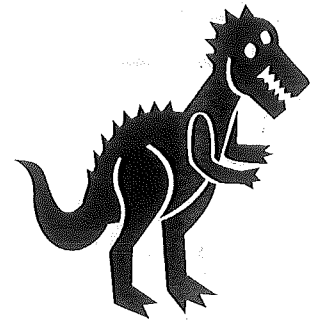
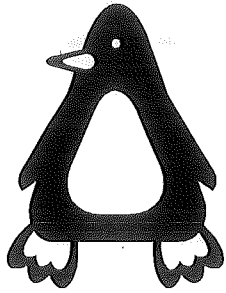


# 10 Ways to Transition Instead of Walking



Need to sneak in some movement breaks and wake up your students? Here are some ways to transition rather than regular walking:

1. Stomp like a dinosaur - increases proprioceptive input to wake up the joints and muscles.
2. Hop like a bunny - aerobic exercise and wakes up the joints and muscles.
3. Waddle like a penguin - encourages coordination of both sides of the body.
4. Pretend to drive a car and don't have any accidents - children learn body awareness and proper spacing between themselves and a friend.
5. Slide like an ice skater - encourages coordination and timing.
6. Bend over and hold your ankles while you walk forward - wakes up the vestibular system and strengthens the muscles.
7. Crab walk or bear walk around the classroom - wakes up and strengthens the muscles.
8. Move like a graceful ballet dancer - encourages slow movement grading the motions.
9. Gallop like a horse - wakes up the body and aerobic exercise.
10. Walk backwards - challenges balance, body awareness and motor planning.