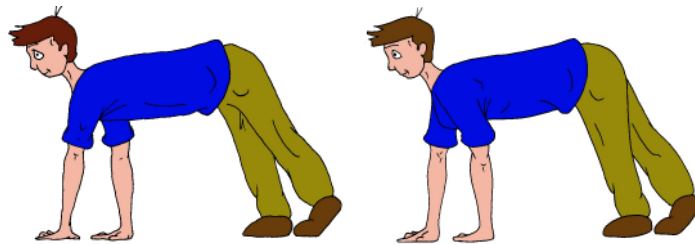


# Bear Walk

This activity helps you to think and move, as well as helping you to develop balance and awareness of the two sides of your body.

## Step 1. Bear walk - not same

Start in a position so you are on hands and knees on the floor. Arms should be straight. Now straighten your legs so you lift your lower back up as high as possible. Try to keep your feet flat on the floor - you will have to turn your toes out a little to do this. Legs should be wider than hip width apart. Palms of your hands should be flat on the floor with fingers pointing forwards. Arms should be at least shoulder width apart. You will now be standing on your hands and feet with the greater part of your body weight on your hands.



While in this position,

1. Lift your left foot and right hand off the floor **at the same time** moving them slightly forwards (thus taking a small step forwards). Place the left foot and right hand back down on the floor **at the same time**.
2. Now lift the right foot and left hand off the floor **at the same time**, moving them slightly forwards and placing them back on the floor **at the same time**.
3. Continue this movement forward taking small steps, lifting opposite arm and leg at the same time and landing at the same time.

Bear walk, moving opposite arm and leg at the same time, walking

1. Forwards.
2. Backwards.
3. Sideways.
4. In a circle.

Bear walk should be done slowly taking very small steps.

**Your goal is to bear walk in any direction moving opposite arms and legs at the same time.**

## **Step 2. Bear walk - same**

While in the same position on hands and feet,

1. Lift the left foot and left hand off the floor **at the same time** taking a small step forward and putting the hand and foot back on the floor **at the same time.**
2. Lift the right hand and right foot off the floor **at the same time**, moving them slightly forwards and placing them back on the floor **at the same time.**
3. Continue this movement forward taking small steps, lifting the same arm and leg at the same time and landing at the same time.

Bear walk, moving the same arm and leg at the same time, walking

1. Forwards.
2. Backwards.
3. Sideways.
4. In a circle.

### **Notes for helpers:**

The **same** bear walk is more difficult than the **not same** pattern because it is harder to balance when all the body weight is on the same side.

## **Step 3. Bear walk to a beat**

Click on '**beat**' at the top of this screen. Now do the bear walk in time to the beat, so you move each hand and foot at the same time the beat clicks.

**Your goal is to walk in the not-same, or same, pattern in time to the beat.**