

Cowboy and Stork Walk

This activity helps to develop freedom of movement in arms and hands while your feet are in extreme positions.

Step 1. Cowboy walk

Start with your heels of each foot together and your toes pointing outwards as far as it is comfortable.

Put your thumbs inside the band of your trousers, one on each side, (left on the left and right on the right) with the palms facing back and fingers pointing downwards.

Start walking across the room with your toes still pointing out as far as is comfortable. But you have to walk so that you lift up your leg in an exaggerated manner - your foot will lift up almost as high as the other knee as you walk. Only take small steps forwards. Your arms should stay back so your elbows are beside you. Keep your head up so you look ahead, not down at your feet.

Walk across the room like a cowboy then return walking **backwards** in the same way.

Remember to keep your thumbs turned inwards and tucking inside your belt.

Step 2. Stork walk

Start with toes together and heels pointing out as far as it is comfortable.

Put your arms by your sides with palms facing forwards, thumbs outwards and fingers pointing down.

Walk across the room lift each leg so the foot goes almost as high as the other knee. Only take small steps. Try to keep your toes pointing in and thumbs turned out. This is easiest with knees slightly bent.

Again your shoulders should not rotate forwards.

Walk across the room like a stork then return walking **backwards** in the same way.

Organising Space 2

Walk across the room and back twice as a cowboy walk and twice as a stork walk.