

Elephant Walk

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

Step 1. Elephant walk - not same

Notes for helpers:

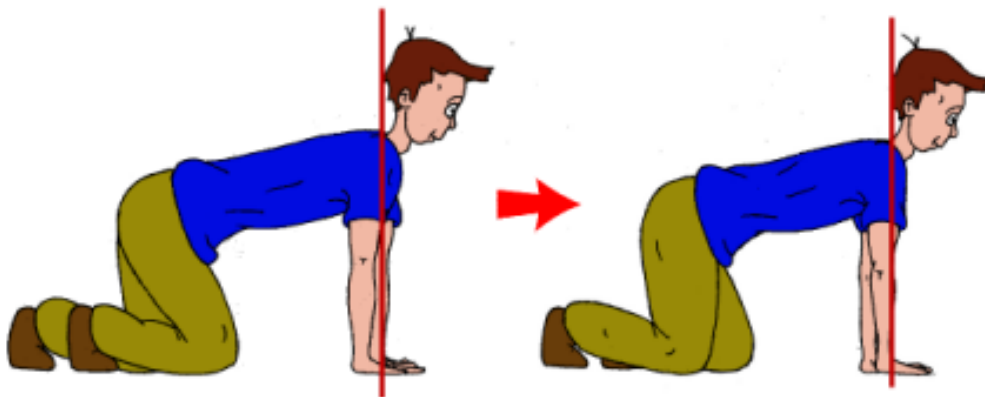
Very small steps are required here. The hand should only move forward very slightly so that it is still under the shoulder and the knee should only move forward slightly so it is still under the hip.

Start in a position so you are on hands and knees on the floor. Arms should be straight and directly under your shoulders. Palms of your hands should be flat on the floor with fingers pointing forwards. Knees should about hip width apart and directly under your hips. You will now have your body weight equally distributed on your hands and knees.

Click on 'Beat' at the top of this screen.

While in this position, move in time to the beat as follows:

1. Lift your left knee and right hand off the floor at the same time moving them very slightly forwards (thus taking a very small step forwards). Place the left knee and right hand back down on the floor at the same time.
2. Now lift the right knee 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, in time to the beat, lifting opposite hand and knee at the same time and landing at the same time.



Practice elephant walking, moving opposite arm and leg at the same time, walking in time to the beat.

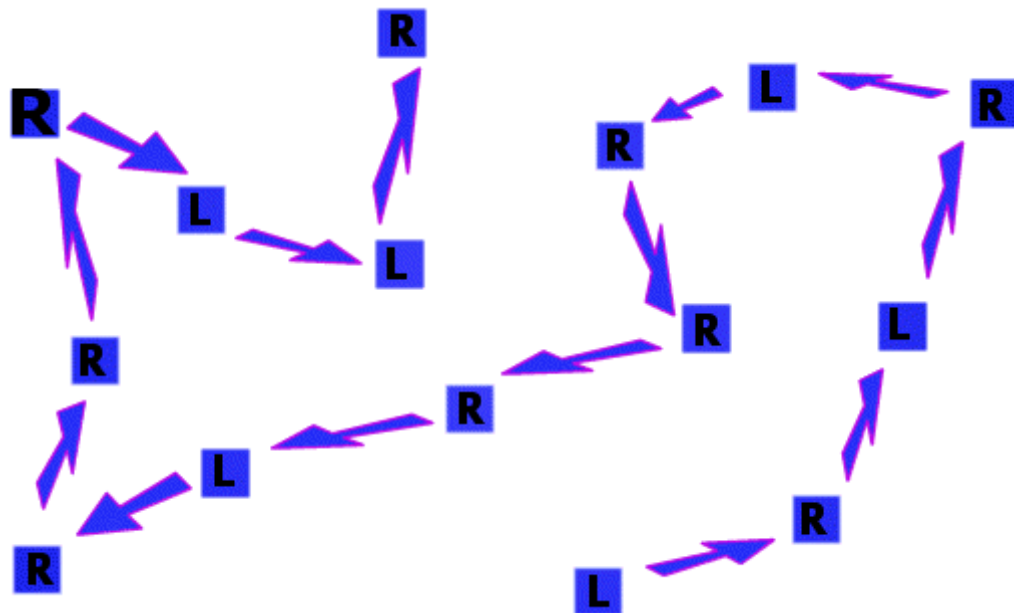
1. Forwards.
2. Backwards.
3. Sideways.
4. In a circle.

When you can move in any direction in time to the beat it's time to change direction on command. Your helper will call at random the direction in which they want you to move. Stay in time to the beat changing your direction of movement on the next beat.

Your goal is to elephant walk taking very small steps, in time to the beat, moving opposite arms and legs at the same time, changing the direction of movement on command.

Step 2. Elephant walk - looking and moving

Your helper places some cards or pieces of paper on the floor in a random pattern. Each piece of paper or card has the letter **R** or **L** printed on it.



You now have to elephant walk, in time to the beat, moving opposite arm and leg at the same time so that, as you move around the floor, you can place your **right hand** on any card that has an **R** and your **left hand** on any card that has

an **L**. Many steps are allowed before any hand hits its correct target - you can move in any direction at any time. You do not have to hit a card on each step, so there may be many steps in between landing the correct hand on each card. You can move in any way around the pattern of cards but you must place the correct hand on every card. For the pattern of cards above a suggested path is shown, but the path around the cards could have many possible routes.

Your goal is to elephant walk around the cards, in time to the beat, placing the correct hand on each card