

CURIOSITY KIDS PRESENTS

WHAT WALKS?

Animals come in all sorts of different shapes and sizes and they move in many different ways too. Animals who walk on four legs and feet are called quadrupeds. Quadrupeds advance their feet either one or two at a time, so that two or more feet stay on the ground.

LETS WALK LIKE A...



BLACK BEAR

Bears have four legs and feet and they walk in a flat footed or plantigrade style. Pretend you are a black bear searching for food. To walk like a bear, touch your hands and feet to the ground. Keep your back flat, arms and legs straight and keep your eyes forward. Lift your right hand and foot at the same time and move them forward, placing them flat on the floor touching the heel and sole of your foot or palm of your hands, not your toes and fingers. Then move your left hand and foot the same way. Continue at the same pace, walking forward and backward, alternating your right and left side until you get where you want to go.



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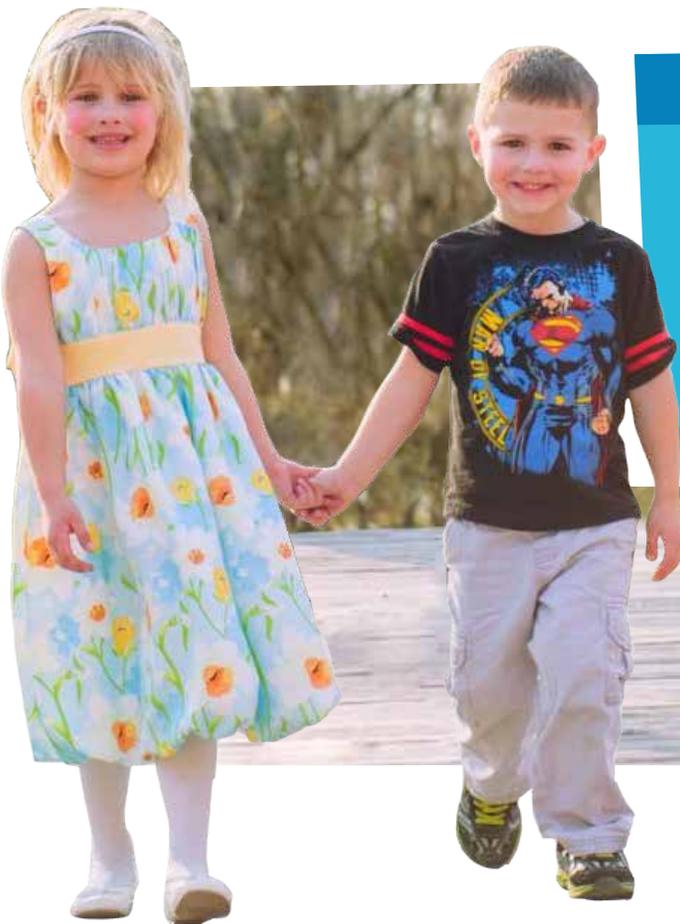
RED FOX

Foxes have four legs and feet and they walk on their toes or digitigrade style. Pretend you are a red fox hunting for food. Touch your hands and feet to the ground. Keep your back flat, bend your knees and elbows and keep your eyes forward. Lift your right hand and foot at the same time and move them forward touching the ball of your foot and toes or finger tips on the ground, keeping your heels and palms raised. As you move forward, your foot should step in the same place that your hand touched. Then move your left hand and foot the same way. Walk quickly but softly and quietly.



YOU!

Animals who walk on two legs and feet are called bipeds – like you! Bipeds walk by advancing one foot at a time, alternating feet, so that there is always one foot on the ground. You walk in a flat footed or plantigrade style, like the black bear!



**MAKE UP A SILLY WALK
AND SEE IF YOUR FRIENDS
CAN IMITATE IT. HAVE FUN!**



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