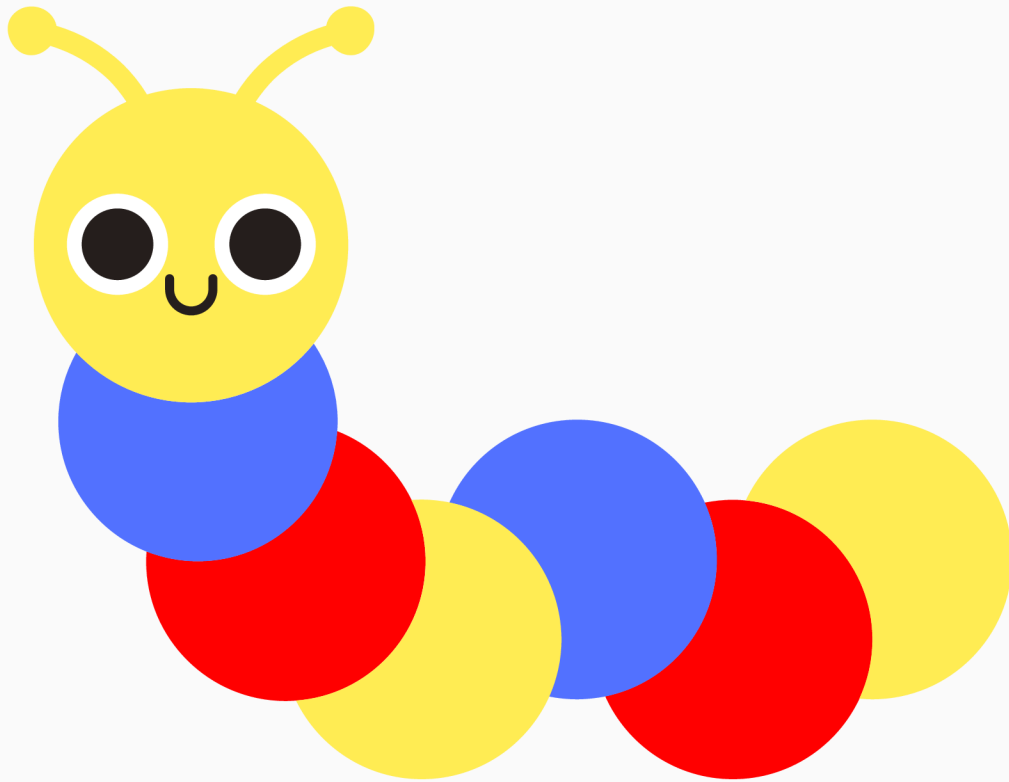


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# MAKE A CATERPILLAR

## Movement Activity

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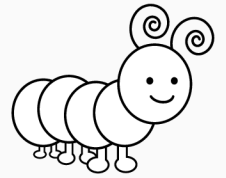
©



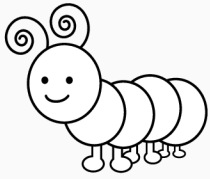


# MAKE A CATERPILLAR

## Movement Activity

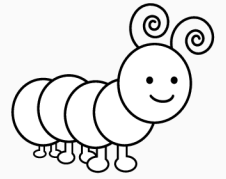


- Print circle pages on two sided printer setting (flip on long edge).
- Cut out the circles and laminate for durability. If you are using black and white circles, color before laminating.
- Set a start location where you will make your caterpillar and an end location where you will go get the pieces.
- Go to get a piece of the caterpillar. Use the guide below to complete the animal walks on the circle on the way back to the starting point. Or make up your own animal walks!
- Build your caterpillar as you go!
- Use various objects to create face, antennae, and feet. Get creative!



# MAKE A CATERPILLAR

## Movement Activity



Crawl on forearms and knees. Turn head side to side to look for bugs while moving to the starting point.



Squat down with hands touching the floor. Jump forward like a grasshopper.



Stand up tall. Bend over and walk out to tall plank position with hands. Then, walk feet into hands. Repeat. Try not to move hands and feet at the same time.



Sit down on the floor with legs out straight. Use arms to push your body forward while keeping legs straight.

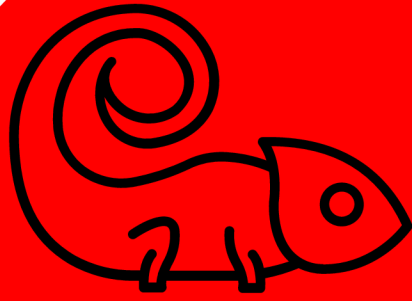


Place hands and feet on the floor. See how low you can get with only hands and feet touching. Walk to the starting point.

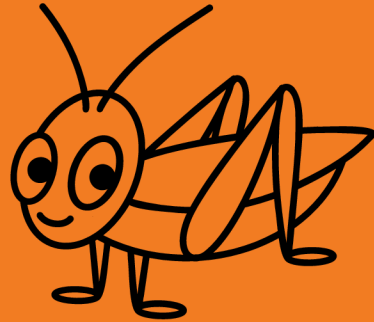


Lay flat on the floor on your stomach. Use arms and legs to push you to the starting point.

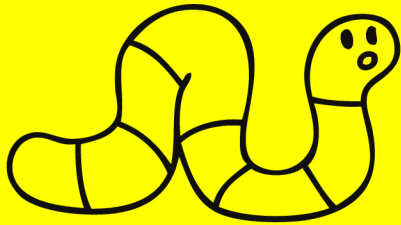
# MAKE A CATERPILLAR MOVEMENT ACTIVITY



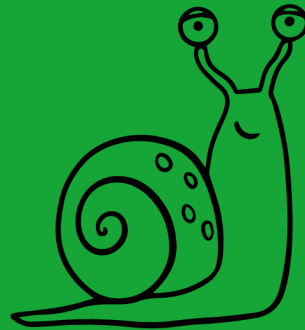
**LIZARD WALK**



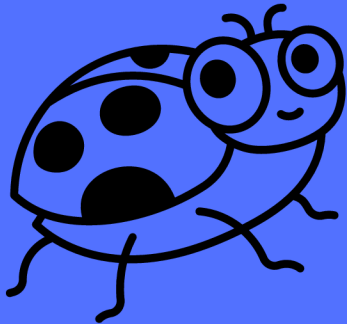
**GRASSHOPPER**



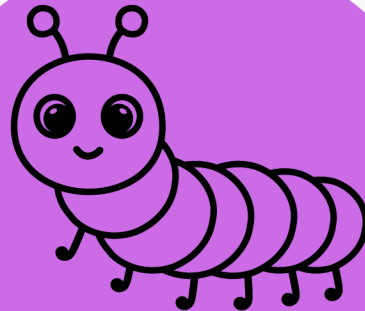
**INCHWORM WALK**



**SNAIL WALK**

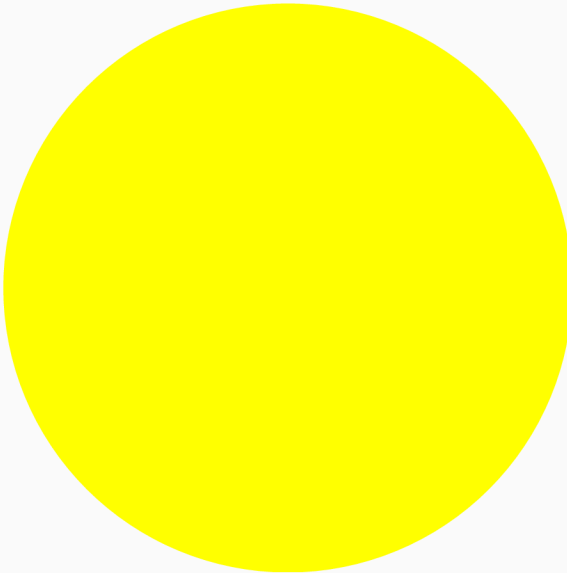
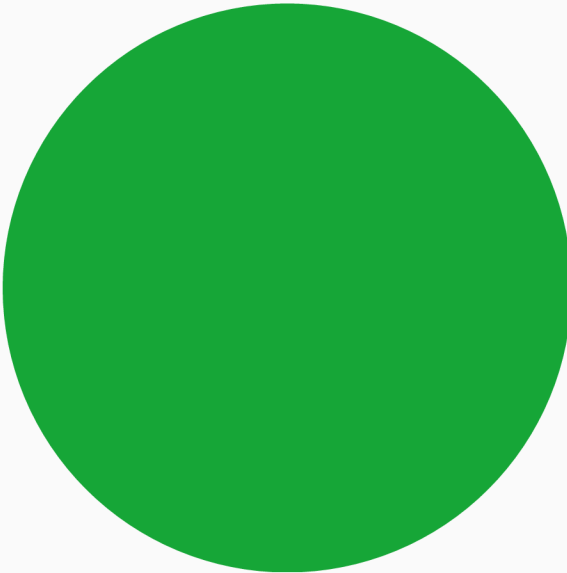
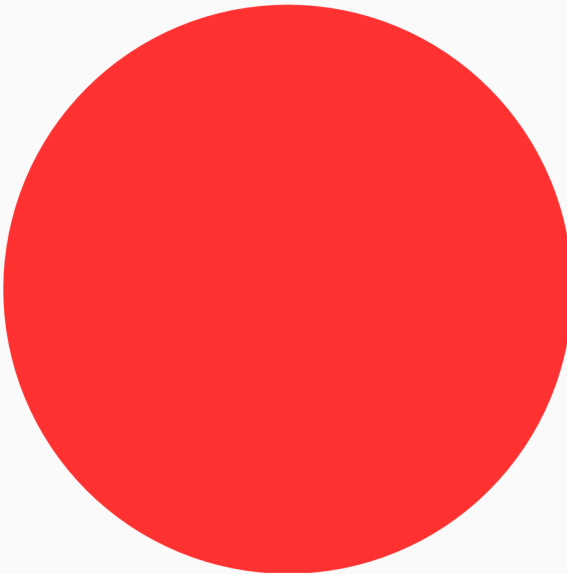


**LADYBUG WALK**



**CATERPILLAR  
WALK**

# MAKE A CATERPILLAR MOVEMENT ACTIVITY



# MAKE A CATERPILLAR MOVEMENT ACTIVITY



# MAKE A CATERPILLAR MOVEMENT ACTIVITY

