

# Movin & Groovin with Erin



## BEAR WALK

 **AUTISM SOCIETY**

*Improving the Lives of All Affected by Autism*

*Greater Akron*



# Beginner Bear Walk



Go down on all fours (both hands and feet). Keep both knees on the ground. Then move your right hand and left knee forward at the same time. Next move your left hand and right knee forward at the same time. Repeat movement by taking 6 steps forward (3 each leg).



Start on hands  
& knees



Keeping knees on the  
ground, move right arm  
& left leg forward



Move left arm & right leg  
forward, then switch  
back to the other arm  
& leg & repeat



# Intermediate Bear Walk



Go down on all fours (both hands and feet). Then lift up your knees so that they are no longer on the ground but keep them bent. Then move your right hand and left foot forward at the same time. Next move your left hand and right foot forward at the same time. Repeat movement by taking 6 steps forward (3 each leg).



Start on hands  
& knees



Raise knees  
off ground



Move right arm  
& left leg forward



Move left arm & right  
leg forward & then switch  
back to the other arm &  
leg & repeat



# Advanced Bear Walk



Same movement as intermediate but after you've taken a step with each arm & leg, you are going to jump your legs forward towards your arms. Then you will continue to repeat the 3 movements all together 2 times total.



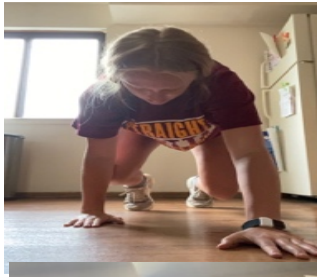
Start on hands & knees



Raise knees off ground



Move right arm & left leg forward



Move left arm & right leg forward



Even out hands & feet, then jump with both feet towards your hands



Return to neutral position with knees off ground & repeat movement