

# 50 Fun Ways to Get From Here to There!

Use them at school, use them at home, use them at daycare, and have fun knowing that you're motivating and engaging kids while providing important movement experiences, supporting sensory processing, and improving skills like balance, coordination, and strength all along the way!

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|---|---|
| 1    Walk on tiptoes                            | 28    Walk on stepping stones                   |
| 2    Walk on heels                              | 29    Frog jump                                 |
| 3    Skip                                       | 30    Run                                       |
| 4    Gallop                                     | 31    Walk in slow motion                       |
| 5    Crab Walk                                  | 32    Twirl                                     |
| 6    Bear Walk                                  | 33    Walk on an adult's feet                   |
| 7    Ride a scooter                             | 34    Walking lunges                            |
| 8    Wheelbarrow Walk                           | 35    Scissor jump                              |
| 9    Side Step                                  | 36    Ride a bike, balance bike, or tricycle    |
| 10    Grapevine                                 | 37    Kick a ball                               |
| 11    Leap                                      | 38    Toss a ball back and forth with a partner |
| 12    Jump with two feet                        | 39    Toss a ball up in the air to yourself     |
| 13    Walk with coffee can stilts or toy stilts | 40    Push a cart or bolster                    |
| 14    Hop on one foot                           | 41    Pull a wagon (or get pulled in a wagon)   |
| 15    Skip backwards                            | 42    Bat a balloon back and forth              |
| 16    March                                     | 43    Tap dance                                 |
| 17    Inchworm                                  | 44    Commando crawl                            |
| 18    Crawl                                     | 45    Jump over obstacles                       |
| 19    Stomp                                     | 46    Crawl under obstacles                     |
| 20    Pretend to walk on a tightrope            | 47    Skip rope                                 |
| 21    Giant steps                               | 48    Rollerblade                               |
| 22    Walk with Moon Shoes                      | 49    "Ice skate" on two hand towels            |
| 23    Walk backwards                            | 50    Move on a Spooner Board                   |
| 24    Cartwheel                                 |   |
| 25    Baby steps                                |   |
| 26    Somersault                                |   |
| 27    Roll                                      |   |