

Crazy Crab Crawl

Here's Why

Develop transferable fitness by exploring the many different ways you can do one thing.

Here's How

Use children's natural curiosity to challenge their bodies. For this game, try finding all the ways you can crawl. Start by introducing the children to how a crab crawls. Have them sit on the floor with their hands behind them and lift up their bottoms and crawl like a crab. But this is Crazy Crab Crawling, so once they get the hang of it, introduce different fun challenges to navigate. For instance:

- Crab crawl around corners
- Crab navigate over small obstacles like a rolled up towel
- Crab limbo under a bar or table
- Crab zigzag through cones
- Crab tunnel through a hoop
- Crab mambo in a line with all the children
- Crab race across the floor or playground
- Crab treasure hunt
- Crab climb up the hill and roll back down like a snail

And any other crabby ideas the kids have!

