

# SCIENCE

## FROM HOME



## Walk like a sloth

Animals have different postures that allow them to move quickly on land, sea and sometimes even air. After having tried to hang like a sloth, can you walk like one?

### Know before you begin

- This activity can be done inside or outside
- All supplies are easy to find, substitute or modify
- Adult supervision is recommended
- Please choose a safe space for this activity

### Materials

- Open space

### Instructions

- Walk a set distance in your house or outside on some clean grass. Count how long it takes.
- Kneel on the ground, keeping your legs and tops of your feet on the ground too.
- Put your elbows, forearms and hands on the ground.
- Move keeping your arms and legs on the ground and count how long it takes to travel the set distance.
- Besides how long it took to move, how did moving like that make you feel? Was it more effort than walking?