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?