

# SCIENCE FROM HOME



## Walk Like A Turtle

Turtles have shells attached to their spines to provide them with protection from predators and the environment. While this adaptation does help protect them, it also limits their movement and speed. See how well you can move once you have a shell on your back.

### 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

- A cardboard box, TTW Turtle shell craft, storage tub or other shell equivalent
- Open space for your turtle walk

### Instructions

- Start by putting your shell on your back. Be sure it's comfortable and won't fall off.
- Get down on all fours with your elbows and knees bent at 90 degrees.
- Start walking. Is it easy? How does your shell feel?

