

Social-Emotional Learning: Chalk Obstacle Course

Learning Value:

This activity promotes development and learning by encouraging children to use large muscles to move and balance while managing their actions and behaviors.

Materials Needed:

- ▶ Sidewalk Chalk or colored masking tape/painter's tape.

Participants:

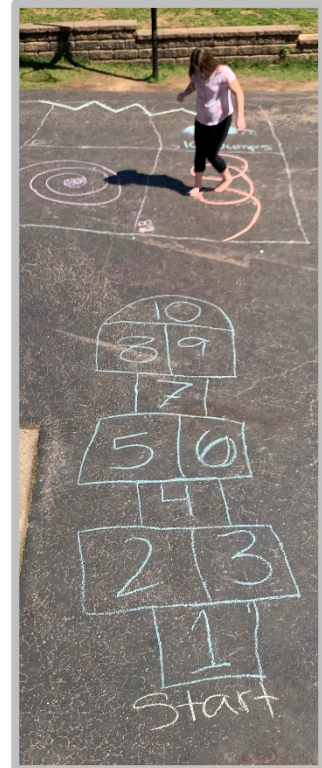
This activity is intended for independent play or 2 or more participants/players

Directions:

Step 1: Decide where to create the course. If creating outdoors use the sidewalk chalk to draw an obstacle course or path. If space outdoors is limited use the painters tape in a hallway or room to create an indoor obstacle course.

Step 2: Draw or tape a continuous path for your child to take at any time throughout the day. Design "stations" or sections of the path to include opportunities for your children to walk in zig zag lines, hop, stand on one foot, tip toe, twirl around, frog jump, jumping jacks or jumping in place, and balance on a line.

Step 3: Add additional obstacle objects to introduce new elements. For example: add a yoga ball to sit and bounce on 5 times; or a bench to crawl under.



Bright Horizons.

World at Home