

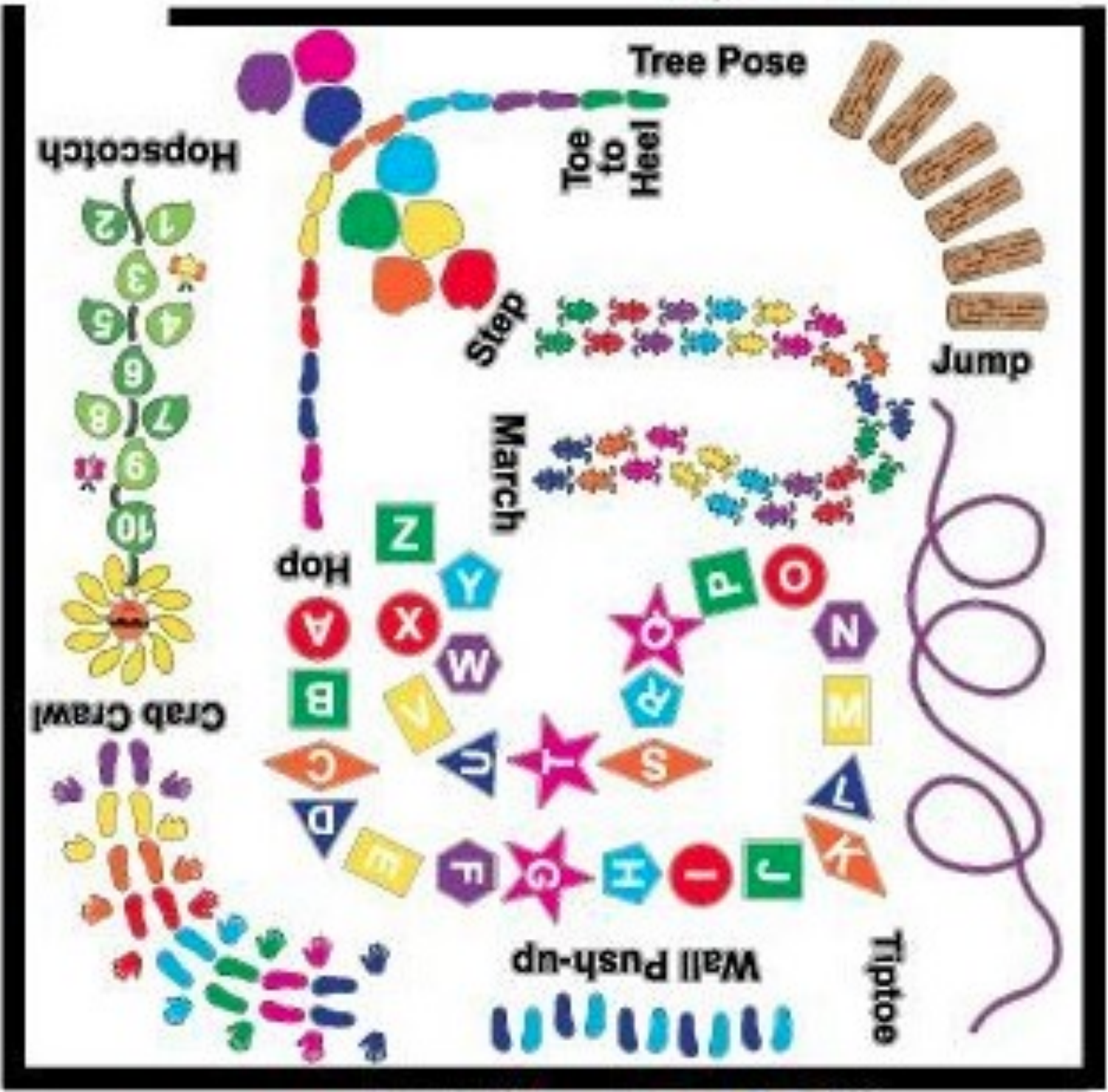
DAILY BOREDOM BUSTER



Chalk Obstacle Course

It's a beautiful day so why not head outside and create a chalk obstacle course to keep the kids active and occupied? All you need is some concrete, chalk and your imagination. You can make your obstacle course as easy or as challenging as you like. Be sure to include lots of different actions for your child to complete as they move around the course. You can include things like bunny hops, holding a yoga tree pose, jumping on one foot, twirling, and frog hops. The possibilities are endless! And if your child gets bored with one obstacle course, you can always create a brand new one. There's a few great examples on the following pages to get you started.

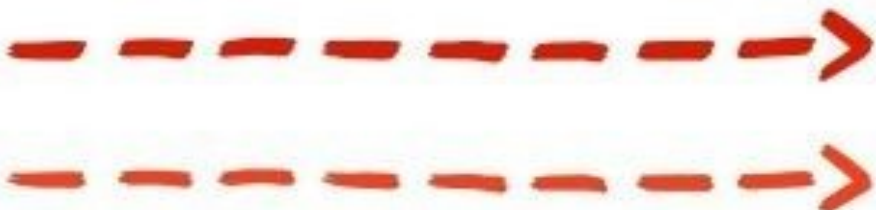






GIVE
TO HIGH 5
TO THE SKY

RUN



JUMP OVER



RIGHT HOP

SIDEWALK OBSTACLE COURSE



FOLLOW



JUMP

BALANCE



**JUMP INTO
BEAN BAG**



HIPPITY HOP



CRAWL



OBSTACLE COURSE



JUMP IN HOOPS

START

BALANCE



FINISH