



GR4K Games

Obstacle Course: (Skill: Taking Turns)

Directions –

1. Draw your obstacle course in your driveway with sidewalk chalk. Try to keep it a surprise until you're ready for your children to have some fun!
2. Use the ideas below or make up your own. Lay a jump rope, bubbles and bubble pipe, hula hoop, or down in between 2 activities.
3. Each activity should end where the next one begins. If you reach the end of the driveway or patio, start the next row going in the opposite direction so your child transitions easily from one activity to the next.

<p>Run/walk on the line: Draw a series of lines – straight, squiggly, looping, figure 8, dashes (hop from one dash to the next). At the beginning of each line, write the direction word, like RUN or SKIP!</p>	<p>Jump the number: Draw a hopscotch grid. Have your child jump through the numbers in order, alternate 1 or 2 feet.</p>	<p>Match it: Draw a set of squares, not connected. Put symbols or letters in each box, 2 of each so your child can jump to connect the boxes. Idea: draw 2 red circles, 2 blue circles, 2 yellow circles or 2 ones, 2 twos, 2 threes.</p>
<p>Hop out the alphabet: Write the letters of the alphabet – in order for younger children, jumbled for older children. You could even use cursive letters! Switch upper and lower case.</p>	<p>Jumping Jacks: Draw a rectangle with 4 footsteps inside. Have your child do 10 jumping jacks using the footprints for their feet.</p>	<p>Bounce it: Draw a row of boxes. Put a number in each box, for a 3 year-old put the numbers in order, for a 4 year-old mix them up. Your child steps on the box and bounces a ball that many times.</p>
<p>Spell your name: Write your child's name with chalk, one letter below the next. Have your child call out the letter in their name as they step on it. (For older children, jumble the letters and have them hop around to spell their name.)</p>	<p>Brave Balancing: Draw a straight line. Along both sides of the line, draw spiders or sharks. Have your child walk heel to toe exactly on the line. Have them use their arms to help balance.</p>	<p>Shape search: Draw a series of shapes in a pattern or group. Tell your child a shape. They jump on the shape you call.</p>