

Obstacle Course or Chalk Walk

Create your own obstacle course or chalk walk. Be creative!

Obstacle course:

- You can complete this inside or outside
- Use different objects around the house to create your obstacle course
 - Cones, soup cans, couch cushions, objects in your garage all make great items to create your obstacle course.

Chalk Walk

- You can complete this outside on your driveway or sidewalk
- Grab some sidewalk chalk!
- Using the chalk, draw different lines and exercises on the sidewalk.

Examples:

