

SIDEWALK CHALK SENSORY WALK

Grab some sidewalk chalk and draw an obstacle course on the pavement with a few learning stations!

IDEAS

Jumping Footprints - draw footprints going in different directions so that you will have to jump forwards, sideways and backwards. This helps with gross motor skills and coordination!

Twisty Path - Make a twisty path with some letters at the end. Say the letters or numbers when you get there. Following a twisty path will help with balance and coordination

Circle Jumps - Jump from circle to circle to get to the next group of letters. This will help with visual-spatial awareness, coordination and gross motor skills.

Hop Scotch - Trace your feet together, then one foot to create a hop scotch pattern before the next group of letters. This helps with balance, coordination and motor planning.

Running in Place - Draw a stick figure running in place in a large box before the next group of letters. This encourages aerobic activity and motor planning.

WHAT OTHER IDEAS CAN YOU COME UP WITH?

