

Sidewalk Sensory Walk

What you need:

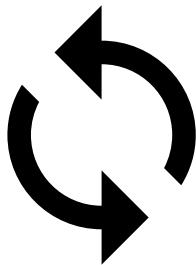
A safe sidewalk area

Sidewalk chalk

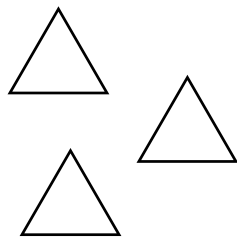
What to do:

Draw a sensory sidewalk obstacle course for the neighborhood to enjoy!

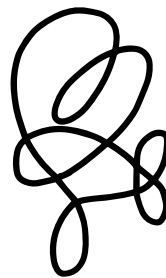
Some ideas to get you started:



Twirl



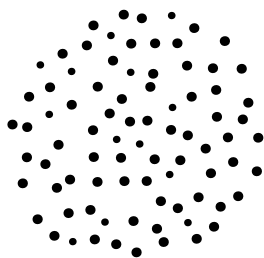
Roar & Stomp



Follow The
Line



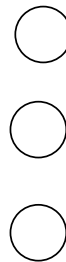
Jump



Tip Toe
On The Dots



Hop Like A
Bunny



Hop On
One Foot



Touch Your
Toes

Some more fun ideas:

- Set a timer and see how far a child gets in that given amount of time
- Do movements (e.g. jump into each square, hop, etc.) to the beat of a metronome
- Start and stop to music; like in musical chairs
- Call out right/left when hopping on each foot, or the letter or number hopping onto, etc.
- Change the course every week!

**Strawberries
& Sunshine**

HEALING CENTRE