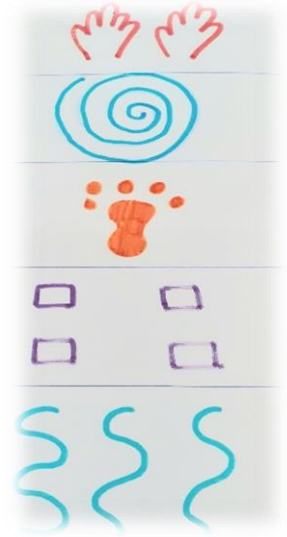


Cumbria County Council

## What can I do today?



This week it is....obstacle courses

### Saturday

#### Chalk obstacle course

- If you have an area outside you or your child could chalk instructions on the path.
- Your child could make one for you to follow and you could make one for them.
- For instructions you can use just symbols, just words or both depending on what suits your child.
- If you do not have an area outside you could use pieces of paper to draw or write the instructions on and lay them on the floor inside.
- Some other ideas could be to crawl like a crab, pounce like a tiger, run like a cheetah, scuttle like a tiny mouse and stomp like an elephant. You could make the noises to go with the actions.