

Getting outside and playing with sidewalk chalk is a great way to add fine motor skill play into the day. Use chalk to create fun and challenging activities that can help your child get the recommended daily 60 minutes of physical activity.

MOVEMENT PATH

Create an exciting path with different movements to get your child's heart pumping!

DRAWING

Draw different animals, shapes and letters. Make it a game by having cards with items to draw and your friends can guess what you are sketching. Take turns so everyone gets a chance to play.

TIC-TAC-TOE

Kids love to play tic-tac-toe! Draw your game board and mark your moves with chalk.

KINDNESS INSPIRATION

Take some time to spread kindness on your sidewalk! Put inspirational or encouraging words for others to read and enjoy on their walk.

BULLSEYE

Draw a target and toss bean bags or water balloons at it and see who can hit the bullseye first.

PHOTO MURALS

Create murals on the ground to inspire the imagination! Need ideas? Draw a bundle of balloons with strings and the kids can act like they are holding on or draw lines to make it look like a river or waterfall and the kids can act like they are sliding down! Don't forget to take pictures!

CLASSIC HOPSCOTCH

On the ground, recreate the common hopscotch pattern to the right. Find a flat object and toss it onto the hopscotch pattern. Hop through the squares, skipping the one with the object in it. Turn around at the end and pick up the object on your way back to the beginning.



SELF PORTRAIT

Trace an outline of a friend. Use your imagination to decorate the outline by adding jewelry, clothing, accessories, etc.

MATH LADDER

Draw a ladder and put a different math problem in each square. When the kids hop on the square, they must answer the math problem to move on.

For questions or more information, call (574) 364-2496 or email CommunityEngagement@goshenhealth.com.

