Playing with sidewalk chalk promotes both fine-motor and gross motor development!



Incorporating structured activities can help target letter & shape recognition, coordination and problem solving skills.

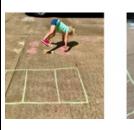




Bridge or Balance Beam Try walking forward, sideways, or backwards without "falling" off.



Spiral Walk Walking a spiral helps develop body awareness and balance.



Bear Crawl Try adding your favourite animal walks to the course.



Hopping Hop or Jump from shape to shape.





Agility Ladder Step, hop, or jump over the lines forwards, backwards and sideways.

## **Letter & Shape Recognition**



Letter Practice After printing letters try "erasing" them by going over the lines with a wet paintbrush.



Letter Recognition Strengthen hands by using a spray bottle to target specific letters. (also works with shapes!)



Shape Recognition Try moving between or throwing beanbags to land on the different shapes. (Also works with Letters!)



**Obstacle Course**