Amaze Your Brain at Home!

EXPERIMENTS

ALL AGES

QUARANTINE COURSE

Each of these activities is designed to get children up and moving while also strengthening gross motor skills. Children completing these obstacle course moves will work on body awareness (what the body can do) and spatial awareness (where the body moves). Kids will walk, squat, hop, twist, and jump from start to finish.

MATERIALS

- Sidewalk chalk (this could also be done indoors with tape)

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QUARANTINE COURSE

ZIG-ZAG WALK
Create a zig-zag line for your child to walk/run on.

FROG JUMP
Draw outer circles for feet, and inner circles for hands. Have children start squatting in a frog position, and jump to frog position on the next set of circles.

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QUARANTINE COURSE

RIGHT FOOT/LEFT FOOT HOP
Use different colors of chalk to draw circles for right foot and left foot hops. Try 3 right foot hops followed by 3 left foot hops.

JUMPING JACKS
Draw an X on the ground for jumping jacks. You can practice counting by labeling how many jumping jacks, or have children do one jack on each X.
QUARANTINE COURSE

HOPSCOTCH
Draw a hopscotch court on the sidewalk. Children should jump in single squares with one foot, and side-by-side squares with one foot in each square.

TWIST
Draw a spiral on the ground for children to turn or spin on. Encourage children to try to spin in one place.

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QUARANTINE COURSE

BALANCE BEAM
Draw two lines on the ground for children to walk on, forwards or backwards. For older children, draw lines that are closer together.

LONG JUMP
Draw a starting line for children to stand on, and marker lines to try to jump across. Try to jump further each time you jump!

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QUARANTINE COURSE

TIP-TOE WALK
Draw small stars or X’s on the ground, close together for kids to tip-toe across. Encourage them to step on every star!

SIDE-STEP
Have children walk along a path, taking a step to the side with the left foot, then closing the step with the right foot, but not crossing over. Try changing directions to lead with the right foot. You may want to use arrows to show your child which direction to face.