

SOGO Squirts Week 21

U is for Under!

Unique Walk

Take a walk somewhere unique! Maybe its a park you always go to, but instead of walking on the paved path you find a dirt path to follow. You could take a walk down a street in your neighbourhood that you've never explored before. You could even go further from your house and check out a provincial or national park and take trail you've never been on. While you are on your walk look for things that are unique landmarks, such as a bright coloured house, animal house or a spooky tree. Keep your eye out for things you can run under!

Where did you walk?

What was the most unique landmark you saw?

Did you see anything you could run under on your walk? What was it?

Go Under Agility Course

This activity is all about going under and agility! Let's make a unique obstacle course at home. Find a table, a chair (or even a few chairs) and line them up. Focus on staying as close to the ground as you can, crawl or slither like a snake under the chairs and table you set up. You can add other items into your agility course, such as some stuffies to run around or a hoop to jump through. Have a grown up time you, can you get faster if you practice this course? Remember to clean up all the items in your obstacle course as soon as you are done running.

Draw a map of you Under Agility course! Make sure to include the start (triangle), and the finish (double circle).