



### Hop, Skip, and a Jump!

Children design an obstacle course that must include at least one hop, a skip, and a jump.

**Executive Function Focus:**

- Working Memory – remembers rules
- Cognitive Flexibility – creates a plan/design

**Material's List:**

Paper and crayons/pencils  
Plastic stakes or cones (any physical marker will work)

**Social Emotional Skills:**

- Encourages/supports others/team members
- Approaches and reflects on challenging situations with a positive attitude
- Uses strategies to make a plan

**Before you Start/Set Up:**

- Find a safe area that won't be disturbed during creation.
- Depending on age of children, determine limits to be used when designing obstacles.

**How to Play:**

Have each child plan on paper what obstacle they will build for the path. Be sure that there is at least one hop, one skip, and one jump included.

As a group, determine the order of each obstacle.

Have each child create their obstacle with any available materials in the appropriate space. They should test it to make sure it is safe and requires the correct action to overcome it.

When completed, have each child demonstrate their own obstacle. Then have children line up and run through the course one at a time calling out "HOP, SKIP, JUMP!" as they complete each of the actions.

Change the order of the obstacles or add a time component to increase the challenge.

**Variations:**

- Add a theme so that all obstacles are designed around that category. (River path with rocks, fish, weeds, etc.)
- Draw the course on a sidewalk with written instructions so walkers can try it out.
- Add other requirements to what must be included. (spinning, crab walk)
- Have obstacles include a simple academic challenge (identify colors, math problem, identify letters).

**Reflective Questions:**

*"How did you come up with your idea for the obstacle?"*

*"What was hard about planning on paper and then making the obstacle in real life?"*

*"What did you do to make sure your obstacle was safe?"*