

Cue Cards for Obstacle Course - Green

Start

Take three large steps and turn to the right.

Stop.

Look both ways.

Turn right.

Cue Cards for Obstacle Course - Green

Take 10 steps.

Bend down to pick up an invisible piece of trash.

Take another three steps.

Stop.

Say “Hello, how are you? See you later.

Have a great day”

Take five little steps.

Jump to the left to avoid an imaginary person pushing a baby buggy.

Take another four steps.

Go back 10 steps and turn left.

Cue Cards for Obstacle Course - Green

Take 10 steps.

Bend down to pick up an invisible piece of trash.

Take another three steps.

Stop.

Say “Hello, how are you? See you later.

Have a great day”

Take five little steps.

Jump to the left to avoid an imaginary person pushing a baby buggy.

Take another four steps.

Go back 10 steps and turn left.

Cue Cards for Obstacle Course - Green

Take six steps.

Stand on one leg for 20 seconds while you wait for an imaginary red light.

Take three steps.

Stop.

Pretend you see a friend and jump up and down with excitement five times.

Cue Cards for Obstacle Course - Green

Turn right.

Take seven big steps.

Jump left.

Duck and cover your head to avoid an imaginary frisbee flying through the air.

Quickly take nine steps and cover your ears as there is an imaginary police car speeding by.

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Take three steps back.

Pretend you see a younger student and you are trying to help them find a missing loonie that they dropped on the ground.

Take three last steps.

Finish

Cue Cards for Obstacle Course - Orange

Start

**Spin five times quickly in a circle.
Take three large steps and turn to the right.
Stop and cover one eye with your hand.
Look both ways.
Turn right.**

Cue Cards for Obstacle Course - Orange

Take 10 steps and breathe in and out very deeply as you walk.

Bend down.

Jump up from a squat position.

Take another three steps, but drag your feet slowly.

Stop.

**Say in a very loud voice “Hello, how are you?
See you later. Have a great day”**

Take five little steps on your tiptoes.

Spin five times.

Jump to the left to avoid an imaginary person pushing a baby buggy.

Take another four steps while criss-crossing your legs each time.

Go back 10 steps with your left hand over your right ear.

Turn left.

Cue Cards for Obstacle Course - Orange

**Take six steps with your eyes closed,
then reopen your eyes.**

Squat down and pause for three seconds.

**Stand on one leg for 20 seconds
while you wait for an imaginary red light.**

Cross your eyes twice.

Take three steps.

Stop.

**Pretend you see a friend and jump up
and down with excitement five times.**

Spin five times.

Cue Cards for Obstacle Course - Orange

Turn right.

Take seven steps.

Jump left.

Duck and cover your head to avoid an imaginary frisbee flying through the air.

Quickly take nine steps and cover your ears as there is an imaginary police car speeding by.

Blink five times with your right eye.

Cue Cards for Obstacle Course - Orange

Turn right.

Take seven steps.

Jump left.

Duck and cover your head to avoid an imaginary frisbee flying through the air.

Quickly take nine steps and cover your ears as there is an imaginary police car speeding by.

Blink five times with your right eye.

Cue Cards for Obstacle Course - Orange

Take three steps back.

**Pretend you see a younger student
and you are trying to help them
find a missing loonie that
they dropped on the ground.**

Crawl three steps

Finish