



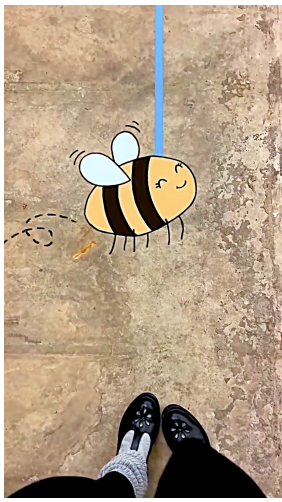
PROJECT #52

CREATE AN OBSTACLE HALLWAY

To create an obstacle hallway, you will need two things:

[Colored masking tapes](#)

A pair of scissors



Hey! I'm glad you're here. I love making things with new friends, and this Obstacle Hallway is no different.

I do this project often, especially if I've been sitting around and not moving my body as much. I realize that sometimes I sit around when I'm distracted by my brain or even my heart.

Everybody has a lot of thoughts and feelings, but sometimes those feelings and thoughts aren't really helpful and get us trapped in a loop of overthinking.

So to honor my body and give it a chance against my brain and heart, I try to find ways to move.

I hope this hallway helps you like it helps me. Have fun!



Step 1 of 6

Ready to make an Obstacle Hallway? Let's do it!

Obstacle Hallways are a simple way to get out of your head and into your body. Using tape on the floor, you can create any kind of obstacle path you want—and you get to decide what the patterns mean to you.



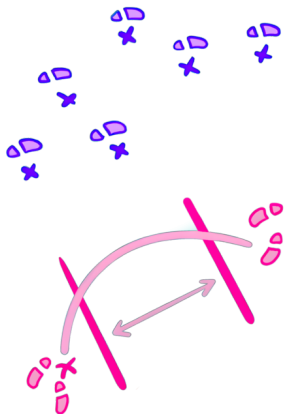
Step 2 of 6

You can use the ones I've included here, or you can create your own.



Step 3 of 6

I chose some simple patterns, like hopscotch boxes, little ladder rungs to represent hops, and a zigzag to inspire a funny walk.



Step 4 of 6

If you want to challenge yourself, try creating more complex obstacles, like hopping on one foot or doing long jumps.

Create obstacles that feel right for your body and ability level. Safety should always be the priority.

Step 5 of 6

Need some inspiration? Here's a video of me walking through my Obstacle Hallway.

Step 6 of 6

How did it go? Do you want to add a picture of your Obstacle Hallway to our gallery? We'd love to see it!

If you enjoyed this project, you might also like our [CREATE A MAZE TO FIND YOUR WAY](#) project.

Also, check out this fun [video](#) about getting your neighbors in on the fun!

