



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 have noticed that I'm starting to sit around and not move my body as much. I realize that sometimes I tend to sit around whenever I'm distracted by my brain or even my heart.

Everybody has a lot of thoughts and a lot of 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 my heart, I try to find ways to move.

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

### Step 1 of 2

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

### Step 2 of 2

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