



## GOD RESTORES MY SOUL OBSTACLE COURSE

First decide if you would like your obstacle course to be outside or inside. Next, brainstorm with your family where and what will represent the following:

- Sheepfold
- Green Grass
- Clean Cool Water
- Dangerous place (but not too dangerous)

Begin in the sheepfold, hop on one leg to the green grass, crab walk on the ground to the clean cool water, take a moment to pretend to splash around in the water, next march like a marching band leader, pulling the knee up and parallel with the ground as you walk forward as you move through the dangerous place, finally skip into the sheepfold again.

Variations: Bear crawl: crawl on your hands and feet like a bear, Frog jump: channel your inner frog and squat low to the ground, jump forward into the air, and squat back to a hovering position.