

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Snail Trail

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### Game Description:

A quick and easy way to practice dynamic balance!

### Objective:

To keep your shell on your back while crawling down the snail trail

### Game Rules:

Each child gets a "shell" to balance on their back. They must try to crawl through and around all obstacles on the snail trail that the adult has set up without losing their shell.

### Adaptations (optional):

With younger or less skilled children let them simply crawl and balance their shell, without having to go through any obstacles.

### AGE:

2 to 3 years  
4 to 6 years

### TYPE OF ACTIVITY:

Co-operative / Team  
Building / Ice Breaker  
Warm up/Cool down

### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)  
Small Space (Hall,  
Furnished Room)  
Field / Park

### HOW MANY LEADERS ARE NEEDED:

Only 1

### HOW BIG OF A GROUP IS NEEDED:

One person  
Pair  
Small group (3-5 kids)  
Medium group (6 - 15 kids)

### TYPES OF SKILLS PRACTICED:

Balance