



Create Your Own Hopscotch!

Get Creative!

Goal: Draw a hopscotch game and have fun hopping!

[Tip]: Try playing with a friend and designing your own paths and rules. Invent your own chants to sing during the game.

Why is this important? Games with rules, such as hopscotch, provide children with the framework to learn important social skills among their peers in a creatively stimulating environment. Active games can help relieve symptoms of stress and depression and improve self-esteem.

References: Mikkelsen, K., Stojanovska, L., Polenakovic, M., Bosevski, M., & Apostolopoulos, V. (2017). Exercise and mental health. *Maturitas*, 106, 48–56. <https://doi.org/10.1016/j.maturitas.2017.09.003>

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