

# The Fit and Fun Playbook



## Ideas and Resources Inspiring Movement Everywhere



- Learn About Movement
- Be Inspired
- Explore our Catalog
- Get Started
- Place Order
- Enjoy!

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# The Fit and Fun Playbook



## Why Movement Matters at Every Age and Ability

Movement isn't just physical activity — it's a foundational part of how we grow, learn, and connect throughout life. From early childhood through older adulthood, movement supports not only physical health but also sensory integration, cognitive function, and emotional well-being. According to the CDC and U.S. Department of Health and Human Services, children and adolescents should engage in at least 60 minutes of moderate-to-vigorous physical activity every day to support healthy growth, brain development, and academic success. Yet national data shows many children fall short of these recommendations, making purposeful, engaging movement opportunities more important than ever.

Sensory-rich movement experiences — such as hopping, balancing, spinning, or following patterned pathways — activate multiple systems in the body at once. These activities support balance, coordination, spatial awareness, and self-regulation, while also helping improve focus and memory. Research consistently shows that movement tied to sensory input can improve attention and behavior in children and support cognitive health across the lifespan. Importantly, these benefits are not limited to young learners; sensory-based movement remains valuable for teens, adults, and seniors by keeping the brain engaged and the body adaptable.

Movement also plays a critical role in social health. When people move together — through games, cooperative challenges, or shared activities — they build communication skills, empathy, and connection. This is especially important in school settings, community spaces, and multigenerational environments. Studies linking movement with social-emotional learning (SEL) show improvements in confidence, emotional regulation, and peer relationships. Active play and group movement experiences create natural opportunities for inclusion, making it easier for people of different ages and abilities to participate and feel connected.

For adults, the benefits of movement are just as compelling. Health guidelines recommend 150 minutes of moderate-intensity physical activity per week, yet fewer than 50% of U.S. adults meet this recommendation, and only about 1 in 4 adults meet both aerobic and muscle-strengthening guidelines. Regular movement is associated with reduced risk of heart disease, diabetes, depression, and anxiety. Even small amounts matter — research shows that adding just 5-10 minutes of daily movement can significantly improve health outcomes and reduce the risk of early mortality.

As people age, movement becomes essential for maintaining independence and quality of life. For older adults and seniors, regular physical activity helps preserve strength, mobility, balance, and cognitive function. The World Health Organization emphasizes that adults 65+ should focus

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## Why Movement Matters at Every Age and Ability

on movement that improves balance and prevents falls, one of the leading causes of injury among seniors. Movement has also been shown to support mental health by reducing stress, improving sleep, and helping slow cognitive decline. Movement has also been shown to support mental health by reducing stress, improving sleep, and helping slow cognitive decline.

Across all ages and abilities, movement supports the whole person – body, brain, and emotional well-being. Whether it's a child jumping through a sensory path, an adult taking an active break during the workday, or a senior participating in gentle movement with peers, intentional movement creates opportunities to reset, reconnect, and thrive. When movement is accessible, engaging, and inclusive, it becomes a powerful tool for building healthier, happier, and more connected communities.



## Movement and the Fit and Fun Playscapes Mission

At Fit and Fun Playscapes, we see a world where people are inspired to lead a healthier lifestyle physically, socially, and emotionally. Our mission is to help people of all ages and abilities accomplish this with innovative, colorful, and intentional visual experiences. But most of all, we want to spread the fun and joy of movement and play! Since our inception in 2011, by a mom that just wanted to make fun games for her children at school, the Fit and Fun Team has grown to help over a million people across more than 8,000 schools, parks, and community centers across the globe. Let us help you!

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# The Fit and Fun Playbook



# Find Your Fit



**Education**



**Parks and Recreation**



**Adults and Seniors**

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# The Fit and Fun Playbook



## Enhance Education with Physical, Social, and Wellness Tools



Fit & Fun Playscapes helps schools create engaging, movement-rich environments by providing a wide range of products – including colorful play graphics, roll-out activities, stencils, and custom designed active spaces – that turn ordinary floors, walls, and outdoor surfaces into destinations for physical activity, learning, and inclusive play. With options that work indoors and outdoors, easy-to-implement solutions for classrooms and common areas, and design support to match school goals and spaces, Fit & Fun’s products help educators boost student movement, support whole-child development, and make physical activity fun and accessible for all students.



- **Playground Stencils & Paint Kits**
- **Sensory Paths**
- **Social-Emotional Tools**
- **Active Learning Areas**
- **Brain Break Spaces**

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# The Fit and Fun Playbook



## Engage Your Community with Experiences that Connect, Transform, and Activate



Fit & Fun Playscapes helps parks and recreation centers activate their spaces with inclusive, easy-to-implement products that encourage movement, play, and community connection for all. Through durable graphics, portable activities, stencils, and custom design support, Fit & Fun enables recreation professionals to transform any space into engaging destinations for physical activity, programs, and events. Their solutions support everything from daily drop-in play to themed programming and special events, helping increase participation, promote wellness, and create welcoming environments that inspire people to move and connect.



Let's create amazing  
park and recreational  
experiences!

- Playground and Pickleball Stencils & Paint Kits
- Sensory & Activity Trails
- Before and After School Activities
- Summer Camp Ideas
- Seniors and Adults Play

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# The Fit and Fun Playbook



## Redefine Aging with Activities that Bring Joy, Vitality, and Connection



Adults and Seniors

Fit & Fun Playscapes helps adult and senior communities, centers, and programs boost participation, engagement, and overall well-being by offering vibrant, easy-to-implement activities and products that promote physical, cognitive, and social activity. Our collection of portable mats provides fun, meaningful experiences that support balance, mental sharpness, stress relief, and social connection, making them ideal for daily programs, senior events, wellness classes, and community activities. Fit & Fun's solutions are designed to be economical, accessible across abilities, and adaptable to any space, helping programs inspire a healthier, happier lifestyle.



- Wellness and Fitness Activities
- Mindfulness and Yoga Movements
- Pickleball and Court Games
- Social and Cognitive Experiences
- Community Engagement Graphics

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## Let's get started! and we did have fun with QR codes and colors!

People and organizations come to Fit and Fun Playscapes in many different ways. You can use our collections pages to explore our products and check out using our shopping cart, or we can help guide you through the options and support you with any technical, planning, educational, or budgetary questions. Here are some great links to get your started:

### THE WHY: Access & Download Blogs, Data & Research

Access our resource page and blogs to find lots of reliable information about why physical, social, and sensory movements are important to overall well-being.

Scan the QR code below to access our Blogs.



Blogs

Scan the QR codes below to access our Resource Pages



Sensory Path



Recess & Playground



Social Emotional Learning



Physical Education

### THE HOW & WHERE: Learn How Products Work

Explore our product pages to see how they get painted, applied, or installed, find information about performance, durability, and maintenance, and view the gallery of customer photos.

Scan the QR code below to access our Explore Pages



Super Stickers@



Playground Stencils



Roll-Out Activities@

### THE WHAT: Explore Our Products & Pricing

Check out our large selection of products by viewing our online shopping collections and product pages, printable catalog, or digital flipbook. We've attached our catalog here as well!



Online Collections and Products



Printable Catalog



Digital Flipbook

### THE WHO: Place Your Order with Ease, Confidence, and Support

You can complete your order online through our shopping cart, email us a purchase order, or take your order over the phone. All of vendor information, quote requests, sole-source affidavits, W-9, WBE, sales tax exemptions, etc. can be requested by contacting us or visiting our Ordering Page:



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# The Fit and Fun Playbook



## Enjoy and welcome to the Fit and Fun Community!

Our Founder and CEO, Pamela Gunther, shares her story, experiences, favorite blogs, and top picks for you.



Hello there! Thank you downloading this guide and I hope that we've inspired you with affordable, colorful ways to engage your community. Creating Fit and Fun Playscapes has been a journey with many challenges, but the reward of seeing so many happy posts on social media, beautiful testimonials, and the sheer joy of seeing so many people enjoy games is worth every bump in the road. As a mom of 3 boys, 2 that are neurodivergent, I wanted the best for my kids and I want the best for you. But I also want quality, service, durability, and colorful designs that enable people to create their own movement experiences. Drawing from my architecture and planning background, I strive to continually create innovative designs, improve functionality and sustainability, as well as offer structure and organization services to our community. Yes, I want it all and I want that for you!

We are proud to be a USA-based, 100% certified women-owned business and use over 90% of materials with an origin of the USA. We are small but mighty group of innovators and makers, making the world a better place!

I encourage you to explore the dozens of blogs we have as well as follow us on social media. I love a good deal and we always have some savings to pass on to our customers so continue to accept our emails. On the following pages, you will find a few of my favorite blogs and products, and we've attached our catalog for easy access. Hoping this helps you envision a culture of wellness!

Thank you again, and keep moving! Pamela Gunther, Founder & CEO



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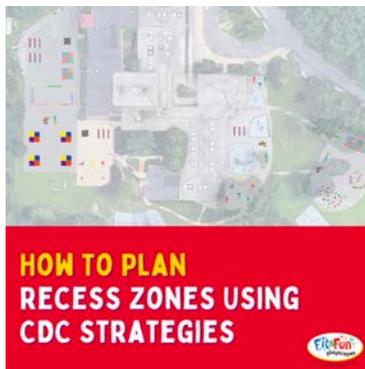
# The Fit and Fun Playbook



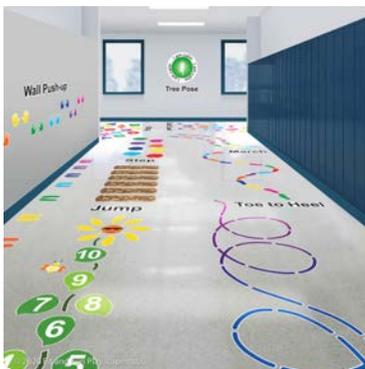
## Our Founder & CEO, Pam's, Top Picks!!

Click on each image to link to page

These are my top 6 blogs:



These are my top 3 products



Nature Sensory Path  
Super Stickers®



Mindfulness &  
Kindness Stencils



Fit and Fun Forever®  
Roll-Out Activities®

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2026

# PRODUCT CATALOG



Helping communities *thrive*

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Version 1/26

LEARN  
MORE &  
ORDER  
HERE



# Looking for a custom creation?

Fit and Fun Playscapes® can bring your unique vision to life.



**We excel in bringing one-of-a-kind ideas into reality with custom orders.**

Whether it's designing tailored playground stencils, sensory pathways, or portable activity solutions, our team will work closely with you to craft personalized, high-quality solutions that perfectly suit specific needs and spaces.



CONTACT US TO LEARN MORE!

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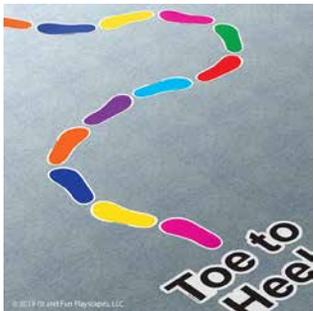
## **GAME ACCESSORIES** \_\_\_\_\_ **51**



# SUPER STICKERS®



Create engaging indoor sensory, physical, and social activities with our Super Stickers®. These versatile and durable decals are made with 2 layers of high-quality, commercial-grade adhesive vinyl using trustworthy 3M materials. Provides slip-resistance, low glare, UV protection from fading, residue-free adhesive, and a Class-A fire rating. Custom service available. **Made and printed in the USA.**



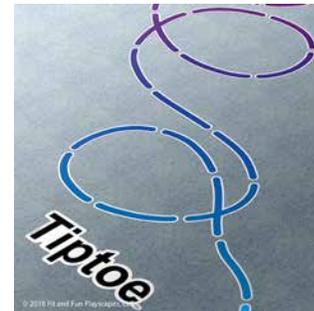
**Toe-to-Heel**  
Product: SS 7007



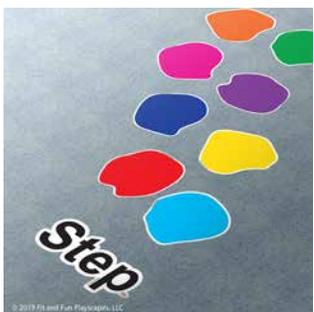
**Daisy Hopscotch™**  
Product: SS 7005



**Rainbow  
Infinity Loop**  
Product: SS 7023



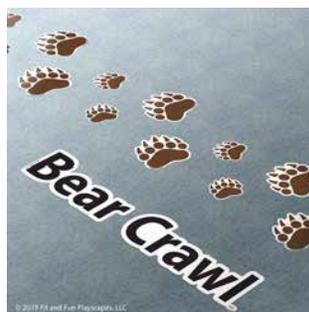
**Tiptoe Loop®**  
Product: SS 7002



**Step Stones**  
Product: SS 7001



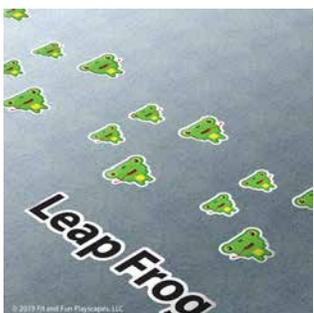
**Fish Pond**  
Product: SS 7151



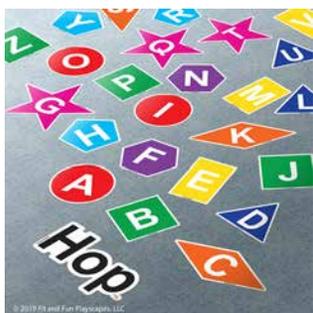
**Bear Crawl**  
Product: SS 7021



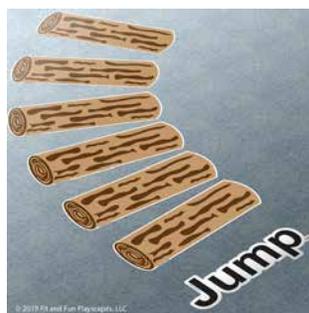
**Crab Crawl**  
Product: SS 7008



**Friendly Leap Frogs**  
Product: SS 7057



**Hop Letters &  
Shapes™**  
Product: SS 7010



**Jump Logs™**  
Product: SS 7009



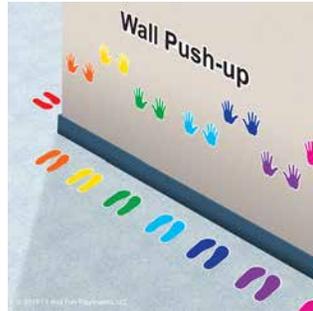
**Leap Frog**  
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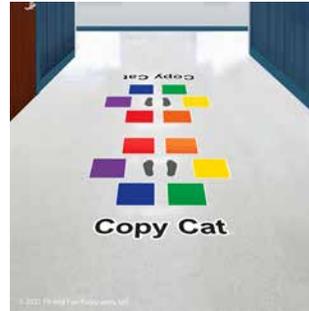
# SUPER STICKERS®



**Tree Hopscotch**  
Product: SS 7054



**Wall Push-up**  
Product: SS 7003



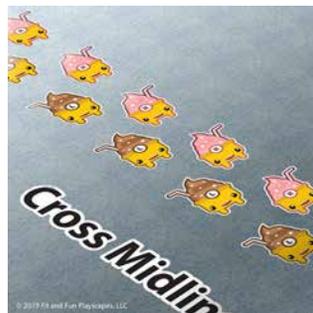
**Copy Cat**  
Product: SS 7125



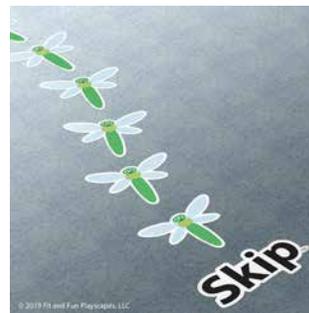
**Fitness Agility Ladder**  
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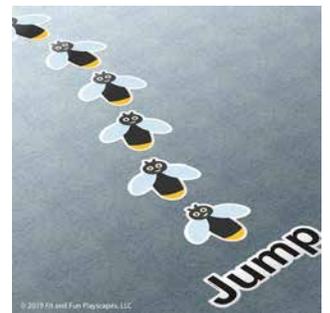
**Number Set**  
Product: SS 7118A



**Criss-Cross Ice Cream**  
Product: SS 7055



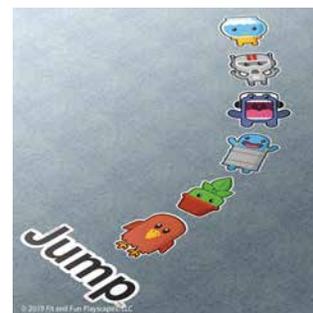
**Dragonfly Skip**  
Product: SS 7062



**Firefly Jump**  
Product: SS 7063



**Footprints**  
Product: SS 7025



**Jumpin' Buddies**  
Product: SS 7056



**March Ants**  
Product: SS 7006



**Star Alphabet**  
Product: SS 7087



**Jumping Jacks**  
Product: SS 7013



**Lunges**  
Product: SS 7012



**Squats**  
Product: SS 7014



**Planks**  
Product: SS 7049



**Push-Ups**  
Product: SS 7031



**Sit-Ups**  
Product: SS 7048



**High Knees**  
Product: SS 7117



**Burpees**  
Product: SS 7116



**Tree Pose**  
Product: SS 7004



**Downward Dog**  
Product: SS 7018



**Star Pose**  
Product: SS 7082



**Warrior Pose**  
Product: SS 7123



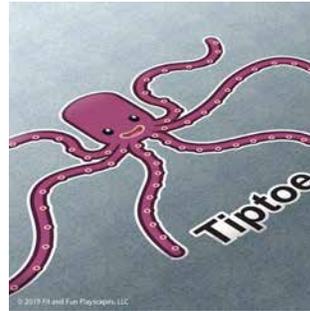
# SUPER STICKERS®



**Moon Pose**  
Product: SS 7122



**Triangle Pose**  
Product: SS 7124



**Tiptoe Octopus**  
Product: SS 7053



**Uppercase Letter Set**  
Product: SS 7067



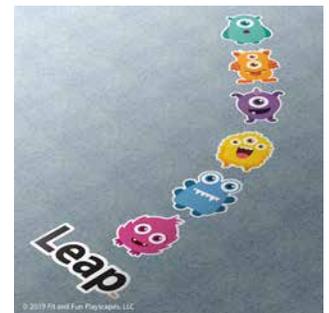
**Alphabet Step**  
Product: SS 7149



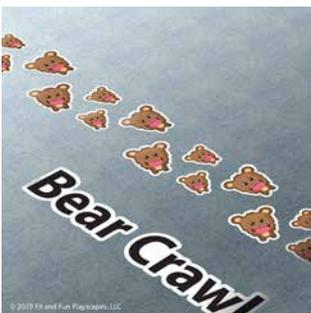
**Criss Cross Loop**  
Product: SS 7153



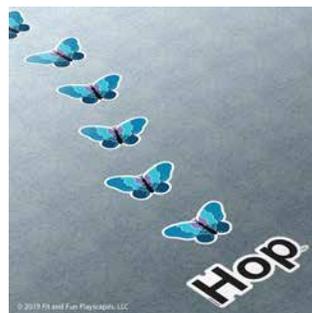
**P.E. Spots**  
Product: SS 7114



**Alien Leap**  
Product: SS 7078



**Brave Bear Crawl**  
Product: SS 7072



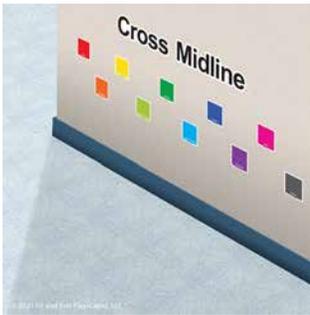
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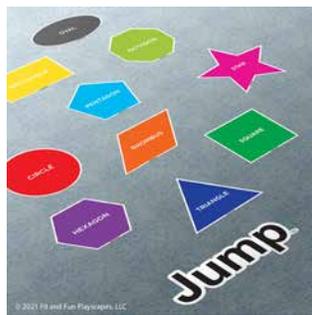
**Elephant Walk**  
Product: SS 7026



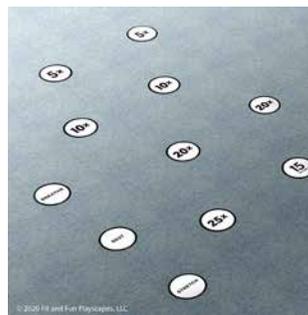
**Galaxy**  
Product: SS 7081



**Cross Midline  
Color Squares**  
Product: SS 7120



**Jump Shape Names**  
Product: SS 7121



**Reps Set**  
Product: SS 7119



**Flower Slide**  
Product: SS 7150



**Ant Parade**  
Product: SS 7152



**Hop Numbers**  
Product: SS 7126



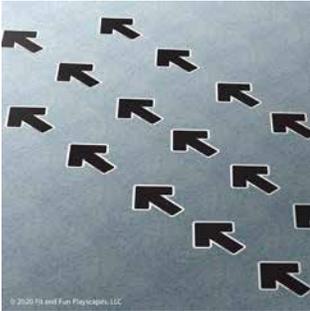
**Peace Path**  
by Soul Shoppe®  
Product: SS 7170



**Ladybug Leap**  
Product: SS 7064



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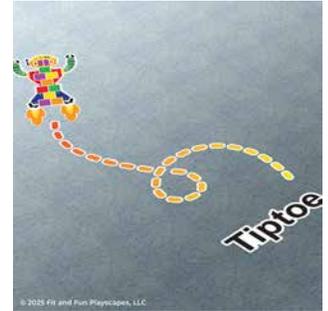
**Straight Arrows**  
Product: SS 7115



**Large Circle Set**  
Product: SS 7030



**Small Circle Set**  
Product: SS 7089



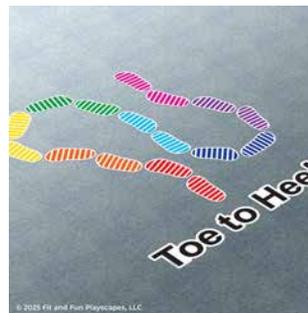
**Tiptoe Takeoff**  
Product: SS 7179



**Robot Hopscotch**  
Product: SS 7173



**Planet Jump**  
Product: SS 7175



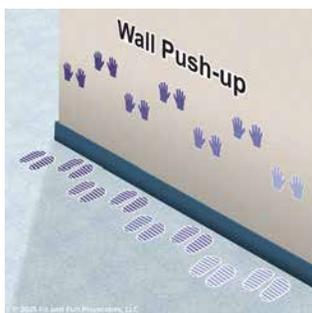
**Astro Toe-to-Heel**  
Product: SS 7177



**Lunar Step**  
Product: SS 7176



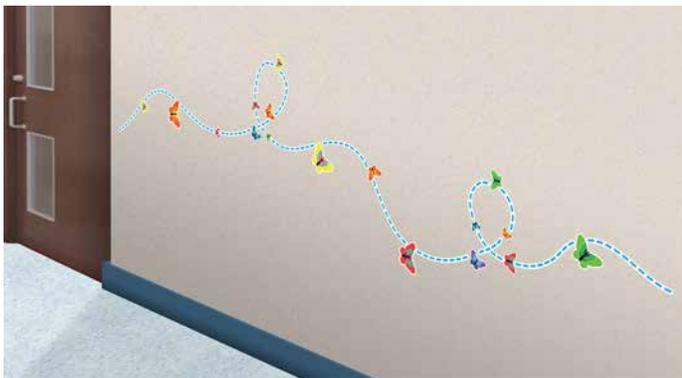
**Star Alphabet  
Cross Midline**  
Product: SS 7180



**Space Adventurer  
Wall Push-up**  
Product: SS 7178

# SUPER STICKERS®

## TRACKING TRAILS

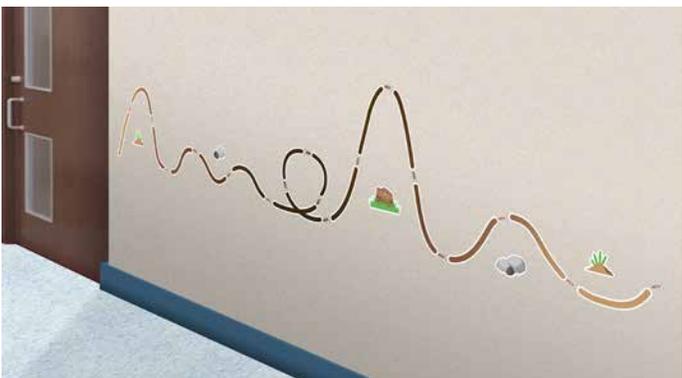


Butterfly Journey

Product: SS 7166

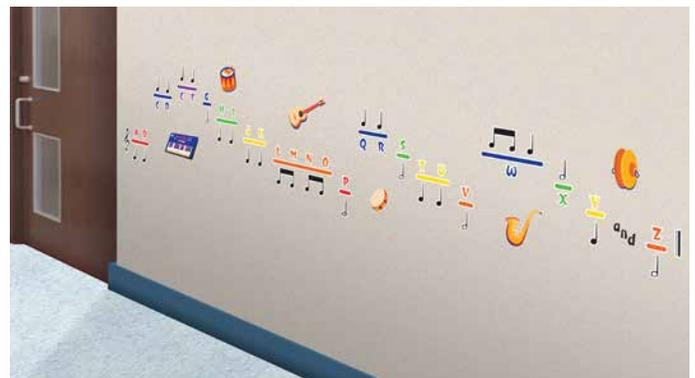
Cruisin' Alley

Product: SS 7167



Ant Trek

Product: SS 7168



Alphabet Sing-a-long

Product: SS 7169



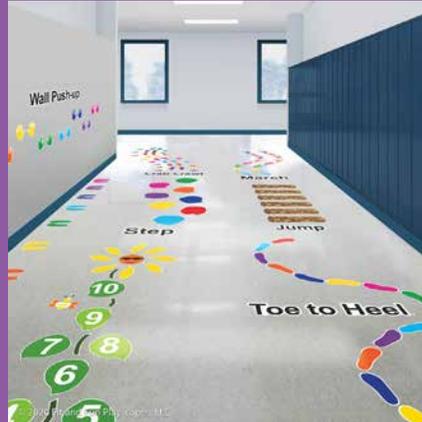
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## PACKAGES



**Nature Sensory Path Starter Package**  
Product: SS 7700

Includes:  
*Jump Logs® · Tiptoe Loop® · March Ants*



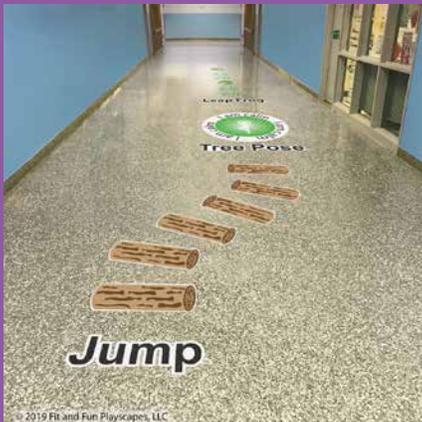
**Nature Sensory Path Premium Package**  
Product: SS 7701

Includes:  
*Jump Logs® · Toe-to-Heel · March Ants  
Wall Push-Up · Daisy Hopscotch®  
Step Stones · Crab Crawl*



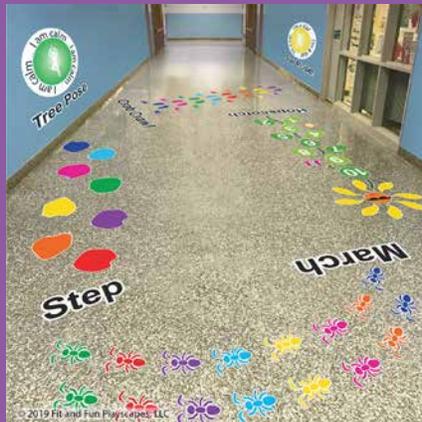
**Nature Sensory Path Deluxe Package**  
Product: SS 7702

Includes:  
*Jump Logs® · Toe-to-Heel · March Ants  
Wall Push-Up · Daisy Hopscotch®  
Step Stones · Crab Crawl · Tree Pose  
Tiptoe Loop® · Hop Letters & Shapes®*



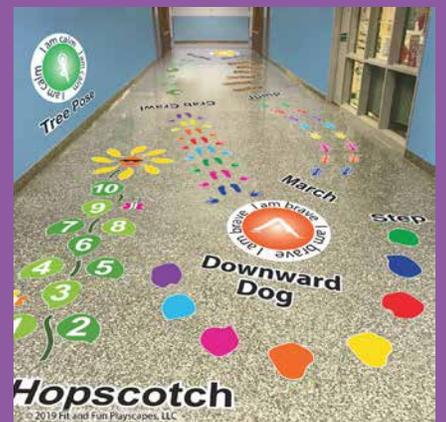
**Recenter Reset Starter Package**  
Product: SS 7706

Includes:  
*Jump Logs® · Leap Frog · Tree Pose*



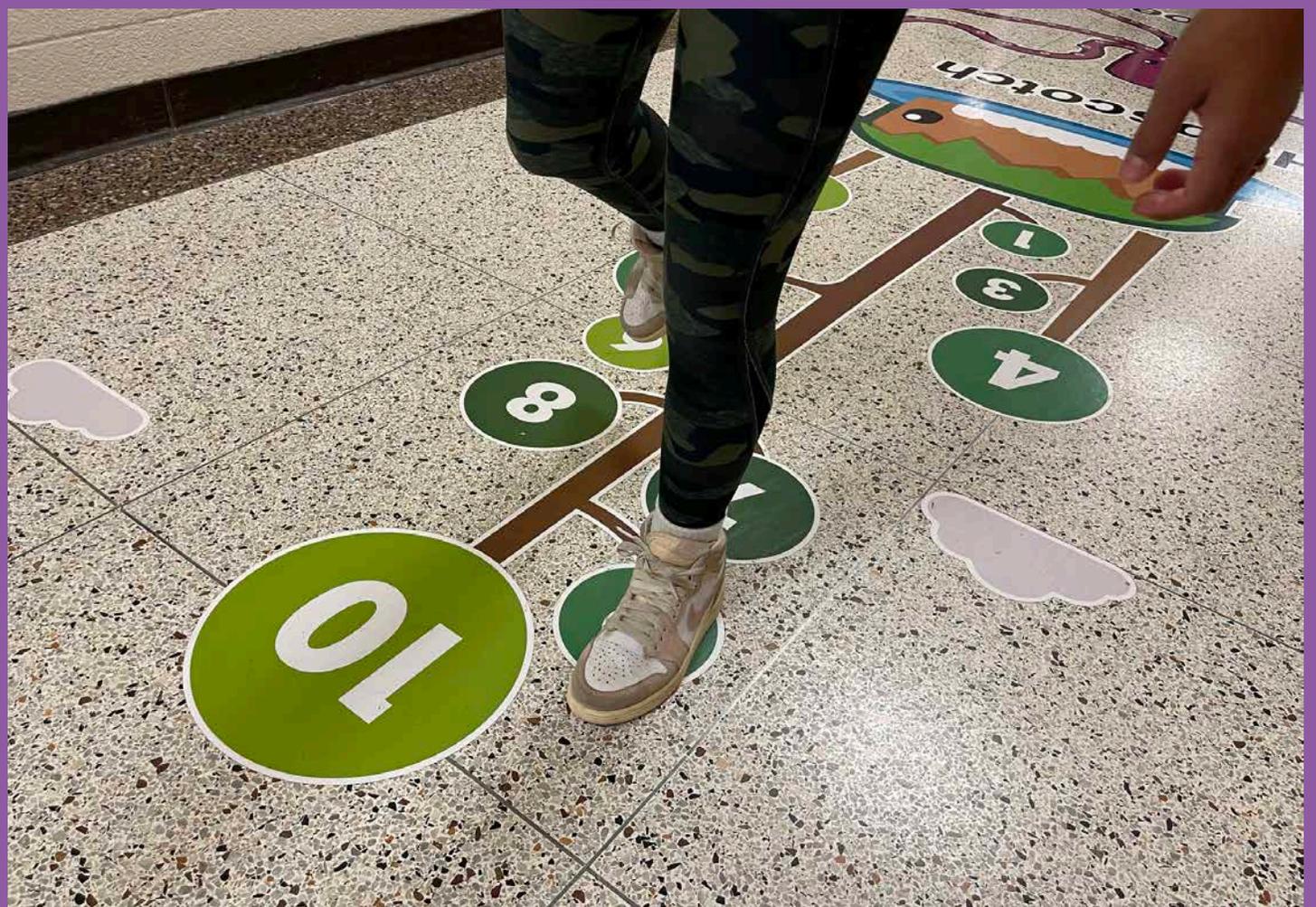
**Recenter Reset Premium Package**  
Product: SS 7707

Includes:  
*Crab Crawl · Daisy Hopscotch®  
March Ants · Star Pose  
Step Stones · Tree Pose*



**Recenter Reset Deluxe Package**  
Product: SS 7708

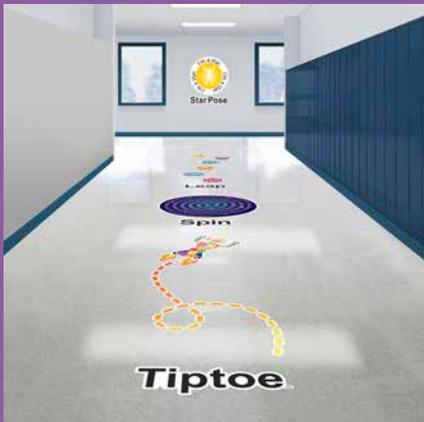
Includes:  
*Jump Logs® · Leap Frog · Tree Pose · Star Pose  
Downward Dog · Daisy Hopscotch®  
March Ants · Step Stones · Crab Crawl*





# SUPER STICKERS®

## PACKAGES



**Cosmic Sensory Path  
Starter Package**

Product: SS 7724

Includes:

*Tiptoe Takeoff • Galaxy Spin  
Alien Leap • Star Pose*

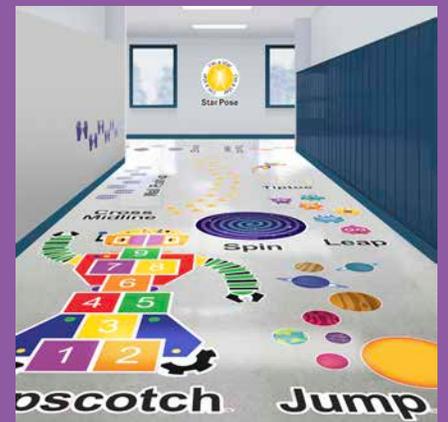


**Cosmic Sensory Path  
Premium Package**

Product: SS 7725

Includes:

*Tiptoe Takeoff • Galaxy Spin  
Alien Leap • Star Pose • Robot Hopscotch  
Space Adventurer Wall Push-up  
Star Alphabet Cross Midline*



**Cosmic Sensory Path  
Deluxe Package**

Product: SS 7726

Includes:

*Tiptoe Takeoff • Galaxy Spin  
Alien Leap • Star Pose • Robot Hopscotch  
Space Adventurer Wall Push-up  
Star Alphabet Cross Midline • Planet Jump  
Lunar Step • Astro Toe-to-Heel*



### Sensory Sidekicks Starter Package

Product: SS 7703

Includes:

Tree Hopscotch · Step Stones  
Brave Bear Crawl



### Sensory Sidekicks Premium Package

Product: SS 7704

Includes:

Tiptoe Octopus · Jumpin' Buddies  
Tree Hopscotch · Friendly Leap Frogs  
Criss Cross Ice Cream Cones



### Sensory Sidekicks Deluxe Package

Product: SS 7705

Includes:

Tiptoe Octopus · Jumpin' Buddies  
Tree Hopscotch · Friendly Leap Frogs  
Criss Cross Ice Cream Cones · Step Stones  
Brave Bear Crawl · Rainbow Infinity Loop  
Downward Dog · Star Alphabet



### Wellness Starter Package

Product: SS 7709

Includes:

Lunges · Squats · Sit-Ups  
High Knees · Jumping Jacks



### Wellness Premium Package

Product: SS 7710

Includes:

Tree Pose · Star Pose  
Downward Dog



### Wellness Deluxe Package

Product: SS 7711

Includes:

Lunges · Squats · Sit-Ups · Burpees  
High Knees · Jumping Jacks · Planks  
Push-Ups · Tree Pose · Star Pose  
Downward Dog · Reps Set (5x, 10x, 20x, 25x,  
15 seconds, "rest", "breathe", "stretch")



# SUPER STICKERS®

## PACKAGES



### Pre-K Possibilities Starter Package

Product: SS 7712

Includes:

*Star Alphabet • Moon Pose  
Cross Midline Color Squares*



### Pre-K Possibilities Premium Package

Product: SS 7713

Includes:

*Star Alphabet • Hop Numbers • Ladybug Leap  
Toe-to-Heel • Friendly Leap Frogs  
Jump Shape Names*



### Pre-K Possibilities Deluxe Package

Product: SS 7714

Includes:

*Star Alphabet • Moon Pose • Tiptoe Loop  
Cross Midline Color Squares • Hop Numbers  
Ladybug Leap • Toe-to-Heel  
Friendly Leap Frogs • Jump Shape Names*



### Garden Party Starter Package

Product: SS 7721

Includes:

*Ladybug Leap • Butterfly Hop  
Firefly Jump • Dragonfly Skip  
Fish Pond*



### Garden Party Premium Package

Product: SS 7722

Includes:

*Ladybug Leap • Butterfly Hop  
Alphabet Step • Firefly Jump  
Dragonfly Skip • Flower Slide  
Fish Pond*



### Garden Party Deluxe Package

Product: SS 7723

Includes:

*Ladybug Leap • Butterfly Hop  
Alphabet Step • Firefly Jump  
Dragonfly Skip • Flower Slide  
Criss Cross Loop • Ant Parade  
Fish Pond • Tree Pose*

# SUPER STICKERS®

## INTERNATIONAL LANGUAGE PACKAGES



**French Language Nature Sensory Path Starter Package**  
Product: SS 7718

**Includes:**

*French Jump Logs® · French Tiptoe Loop®  
French March Ants*



**French Language Nature Sensory Path Premium Package**  
Product: SS 7719

**Includes:**

*French Jump Logs® · French Toe-to-Heel  
French March Ants · French Wall Push-Up  
French Step Stones · French Crab Crawl  
French Daisy Hopscotch®*



**French Language Nature Sensory Path Deluxe Package**  
Product: SS 7720

**Includes:**

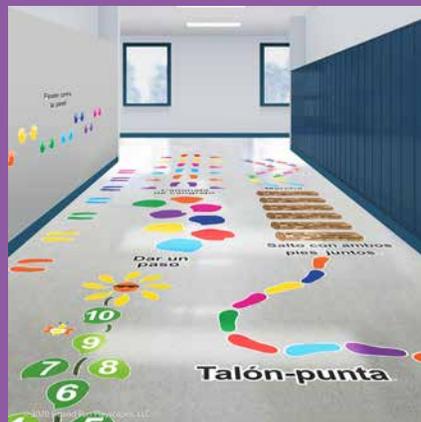
*French Jump Logs® · French Toe-to-Heel  
French March Ants · French Wall Push-Up  
French Step Stones · French Crab Crawl  
French Daisy Hopscotch® · French Tree Pose  
French Hop Letters & Shapes®  
French Tiptoe Loop®*



**Spanish Language Nature Sensory Path Starter Package**  
Product: SS 7718

**Includes:**

*Spanish Jump Logs® · Spanish Toe-to-Heel  
Spanish March Ants*



**Spanish Language Nature Sensory Path Premium Package**  
Product: SS 7719

**Includes:**

*Spanish Jump Logs® · Spanish Toe-to-Heel  
Spanish March Ants · Spanish Wall Push-Up  
Spanish Step Stones · Spanish Crab Crawl  
Spanish Daisy Hopscotch®*



**Spanish Language Nature Sensory Path Deluxe Package**  
Product: SS 7720

**Includes:**

*Spanish Jump Logs® · Spanish Toe-to-Heel  
Spanish March Ants · Spanish Wall Push-Up  
Spanish Step Stones · Spanish Crab Crawl  
Spanish Daisy Hopscotch® · Spanish Tree Pose  
Spanish Hop Letters & Shapes®  
Spanish Tiptoe Loop®*



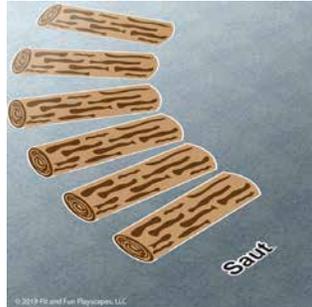
# SUPER STICKERS®

## INTERNATIONAL LANGUAGES



French Language Step Stones

Product: SS 7129



French Language Jump Logs®

Product: SS 7137



French Language Tiptoe Loop®

Product: SS 7130



French Language Wall Push-Up

Product: SS 7131



French Language Tree Pose

Product: SS 7132



French Language Daisy Hopscotch®

Product: SS 7133



French Language March Ants

Product: SS 7134



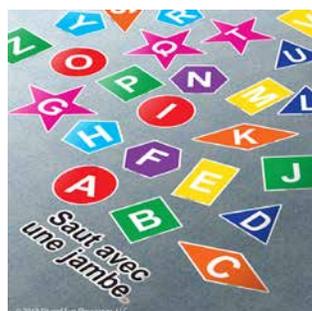
French Language Toe-to-Heel

Product: SS 7135



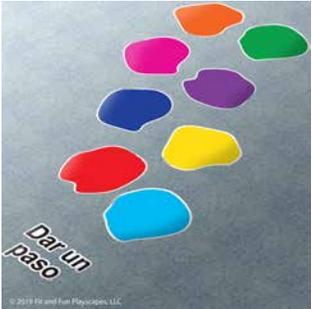
French Language Crab Crawl

Product: SS 7136



French Language Hop Letters and Shapes®

Product: SS 7138



**Spanish Language Step Stones**  
Product: SS 7139



**Spanish Language Jump Logs®**  
Product: SS 7147



**Spanish Language Tiptoe Loop®**  
Product: SS 7140



**Spanish Language Wall Push-Up**  
Product: SS 7141



**Spanish Language Tree Pose**  
Product: SS 7142



**Spanish Language Daisy Hopscotch®**  
Product: SS 7143



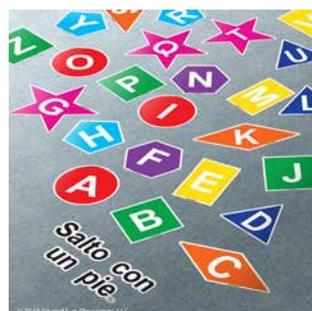
**Spanish Language March Ants**  
Product: SS 7144



**Spanish Language Toe-to-Heel**  
Product: SS 71445



**Spanish Language Crab Crawl**  
Product: SS 7146



**Spanish Language Hop Letters and Shapes®**  
Product: SS 7148



# SUPER STICKERS®

## SOCIAL EMOTIONAL LEARNING



SET OF 12 AS SHOWN

### SELF-Talk Critters

Product: SS 7156

Includes:

12 Super Stickers® with dry-erase coating and 12 Word Banks as shown



SET OF 12 AS SHOWN

### SELF-Talk People

Product: SS 7158

Includes:

12 Super Stickers® with dry-erase coating and 12 Word Banks as shown



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### SELF-Talk Pets

Product: SS 7155

Includes:

12 Super Stickers® with dry-erase coating. Word banks are NOT included.



SET OF 12 AS SHOWN

### SELF-Talk Emoji

Product: SS 7157

Includes:

12 Super Stickers® with dry-erase coating and 12 Word Banks as shown



SET OF 10 SMALL SUPER STICKERS®

### Face Your Feelings® Small Check-in

Product: SS 7154

Includes:

10 sets—each set consists of 5 stickers as shown



INDIVIDUAL LARGE SUPER STICKER®

### Face Your Feelings®

Product: SS 7128

Includes:

5 stickers as shown



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### Face Your Feelings® Wellness Stations

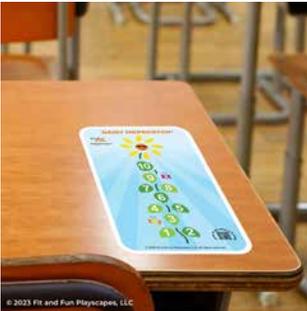
Product: SS 7171

Includes:

4 large circles (red, blue, yellow & green) 16 small circles with color-coded expressions

# SUPER STICKERS®

## FIDGETIVITIES®



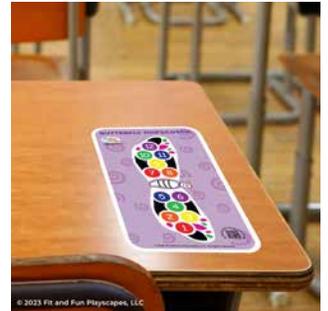
Daisy Hopscotch®  
Fidgetivities®  
Product: SS 7159



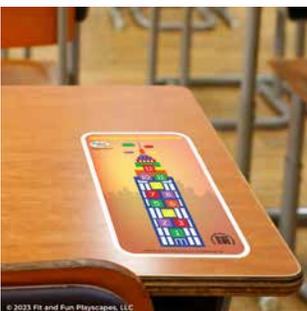
Circle Hopscotch®  
Fidgetivities®  
Product: SS 7160



Robot Hopscotch®  
Fidgetivities®  
Product: SS 7161



Butterfly Hopscotch®  
Fidgetivities®  
Product: SS 7162



Skyscraper Hopscotch®  
Fidgetivities®  
Product: SS 7163



Copy Cat  
Fidgetivities®  
Product: SS 7164



Infinity Loop  
Fidgetivities®  
Product: SS 7165



# REUSABLE STENCILS



Reusable Stencils Description: Transform outdoor playgrounds and sidewalks into engaging spaces that support sensory, physical, and social activities with our Reusable Stencils. These full-scale, durable and versatile stencils are made of a high-quality, commercial-grade plastic material that unroll to make painting easy. Option to use our paint kits or purchase your own. Custom service available. Made and cut in the USA.



**Classic Hopscotch**  
Product: ST 5045



**Four Square (Large)**  
Product: ST 5015



**Four Square (Small)**  
Product: ST 5016



**Copy Cat**  
Product: ST 5057



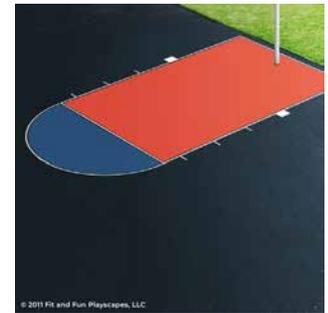
**Shapes That Shape You Up**  
Product: ST 5004



**Tic Tac Toe**  
Product: ST 5062



**Bullseye**  
Product: ST 5059



**Basketball Court Key**  
Product: ST 5035



**Daisy Hopscotch**  
Product: ST 5037



**Caterpillar Hopscotch**  
Product: ST 5025



**Ultra Hopscotch**  
Product: ST 5048



**Dolphin Hopscotch**  
Product: ST 5023



# REUSABLE STENCILS



**Compass Rose**  
Product: ST 5013



**Fitness Agility Ladder**  
Product: ST 5041



**USA Map (Large)**  
Product: ST 5051



**USA Map (Small)**  
Product: ST 5014



**Body Twist**  
Product: ST 5064



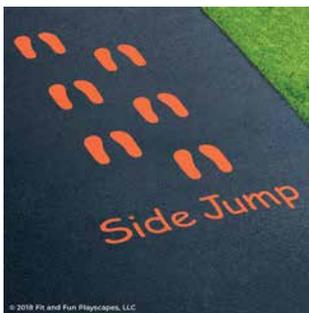
**Jump Rope**  
Product: ST 5065



**Alphabet Snake**  
Product: ST 5063



**Hop**  
Product: ST 5075



**Side Jump**  
Product: ST 5076



**Tightrope**  
Product: ST 5078



**Tiptoe**  
Product: ST 5077



**Sprint**  
Product: ST 5079



**Leap Frog**  
Product: ST 5098



**Footprints**  
Product: ST 5002



**Handprints**  
Product: ST 5003



**Target Practice**  
Product: ST 5012



**Skyscraper Hopscotch**  
Product: ST 5036



**Modern Hopscotch**  
Product: ST 5046



**Circle Hopscotch**  
Product: ST 5085



**Airplane Hopscotch**  
Product: ST 5086



**Butterfly Hopscotch**  
Product: ST 5024



**Robot Hopscotch®**  
Product: ST 5021



**Skipadee the Dragonfly Hopscotch®**  
Product: ST 5092



**Choose My Plate**  
Product: ST 5042



# REUSABLE STENCILS



Uppercase Letter Set  
Product: ST 5030



Lowercase Letter Set  
Product: ST 5032



Circle Up (Large)  
Product: ST 5010



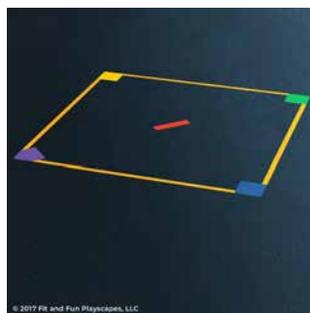
Circle Up (Small)  
Product: ST 5011



Chess and Checkerboard (Large)  
Product: ST 5008



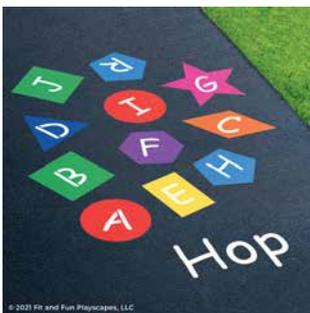
Chess and Checkerboard (Small)  
Product: ST 5009



Kickball Set  
Product: ST 5056



Fun O'Clock  
Product: ST 5094



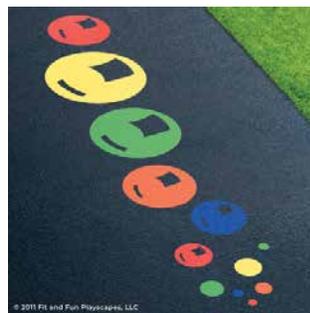
Hop Letters and Shapes®  
Product: ST 5022



Tessellation Maze  
Product: ST 5044



Bouncin' Balloons  
Product: ST 5006



Bubbles, Bubbles Everywhere  
Product: ST 5005



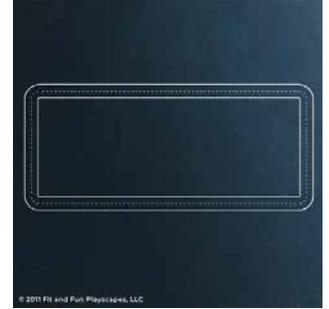
**Tiptoe Snake**  
Product: ST 5102



**Large Leaf Set**  
Product: ST 5093



**Skelly Board**  
Product: ST 5020



**Racetrack**  
Product: ST 5019

*(Size varies)*





# REUSABLE STENCILS



Lunges  
Product: ST 5070



Jumping Jacks  
Product: ST 5071



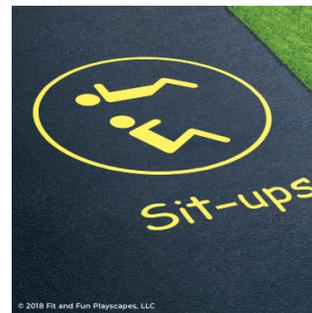
Squats  
Product: ST 5069



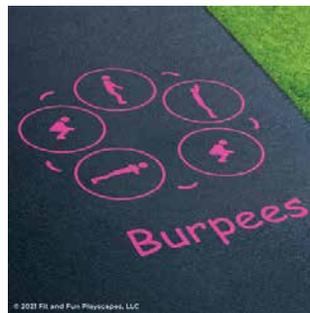
Planks  
Product: ST 5072



Push-ups  
Product: ST 5073



Sit-ups  
Product: ST 5074



Burpees  
Product: ST 5081



Star Pose  
Product: ST 5112



Tree Pose  
Product: ST 5106



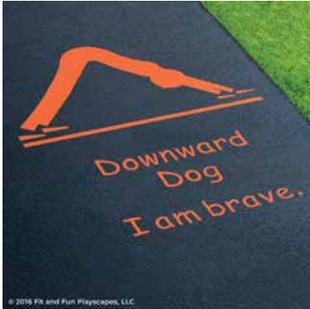
Peaceful Warrior  
Product: ST 5107



Dancer Pose  
Product: ST 5108



Easy Pose  
Product: ST 5109



**Downward Dog**  
Product: ST 5110



**Cobra Pose**  
Product: ST 5111



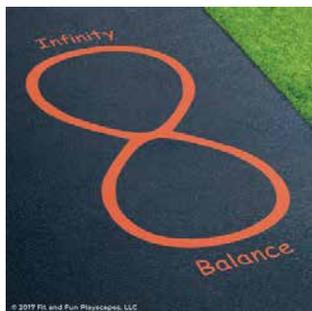
**Moon Pose**  
Product: ST 5113



**Animal Paw Prints**  
Product: ST 5001



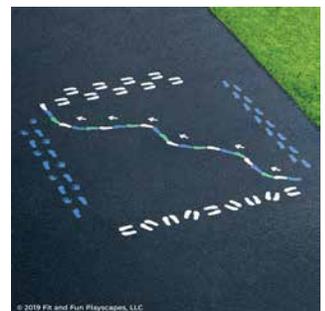
**Bicycle Path**  
Product: ST 5068



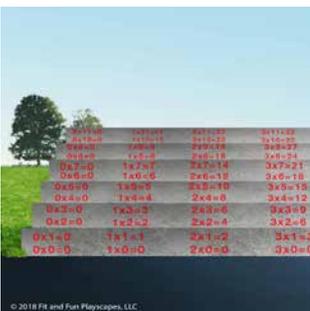
**Infinity Loop**  
Product: ST 5066



**Deluxe Hopscotch**  
Product: ST 5047



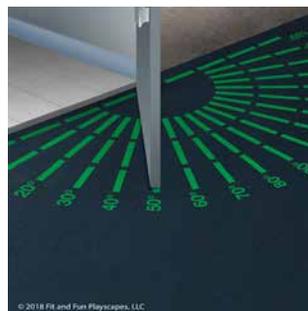
**Arrow, Shoe & Hand Prints**  
Product: ST 5099



**Multiplication Stair Risers**  
Product: ST 5089



**Fraction Actionz**  
Product: ST 5095



**Door Angle**  
Product: ST 5090



**Jump Logs®**  
Product: ST 5103



# REUSABLE STENCILS



**March Ants**  
Product: ST 5100



**Crab Crawl**  
Product: ST 5101



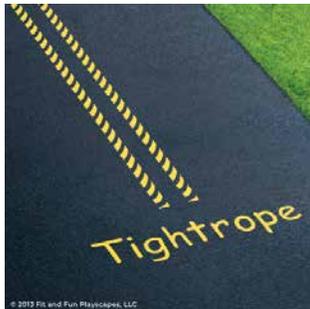
**Bear Crawl**  
Product: ST 5096



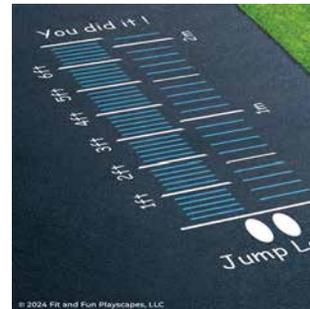
**Elephant Walk**  
Product: ST 5097



**Step Stones**  
Product: ST 5104



**Balance Tightrope**  
Product: ST 5105



**Jump Long!**  
Product: ST 5124



**Number & Symbol Set**  
Product: ST 5029



**Pickleball Court**  
Product: ST 5112



**Canada Map**  
Product: ST 5125





# REUSABLE STENCILS

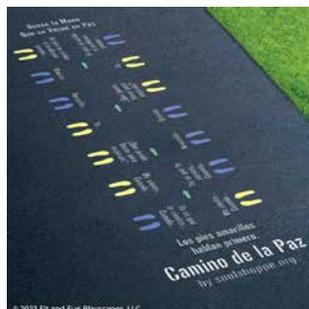
## INTERNATIONAL LANGUAGES



Spanish Language  
Buddy Circle™  
Product: ST 5119



Spanish Language  
Choose My Plate  
Product: ST 5121



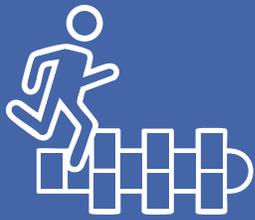
Spanish Language  
Peace Path  
by Soul Shoppe  
Product: ST 5120



Spanish Language  
Inspirational Words  
Product: ST 5123

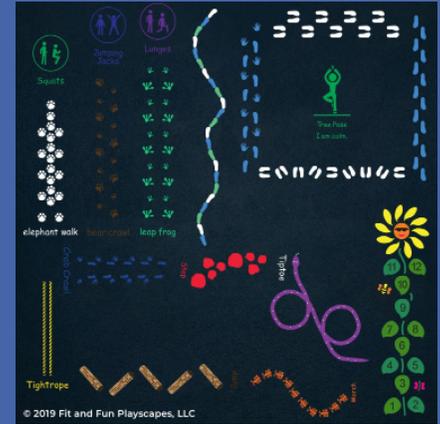
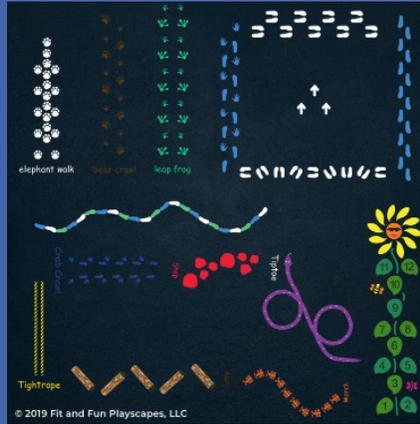
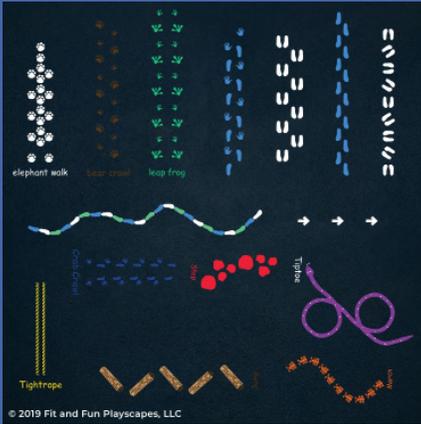






# REUSABLE STENCILS

## PACKAGES



**Nature Motor Sensory Path Starter Package**  
Product: ST 5500

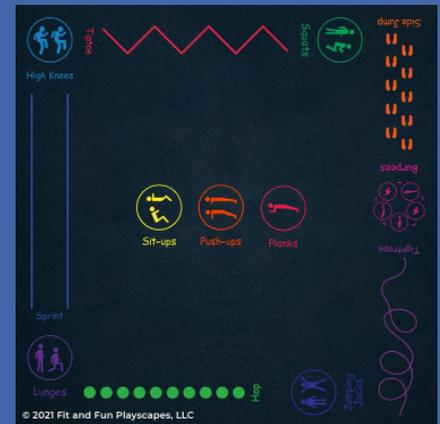
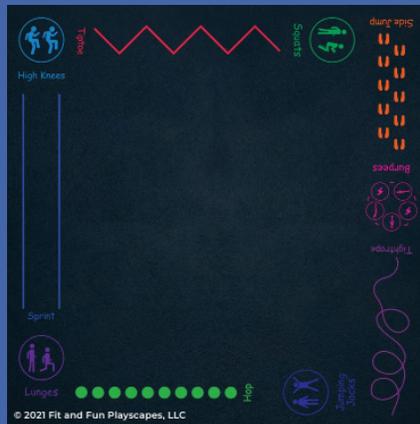
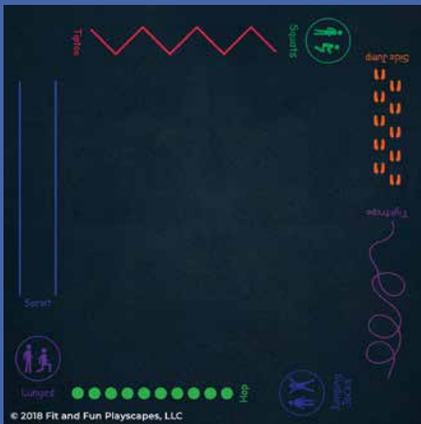
Includes:  
*Motor Sensory Activity Stations*  
*Nature Activity Circuit*

**Nature Motor Sensory Path Premium Package**  
Product: ST 5501

Includes:  
*Motor Sensory Activity Stations*  
*Nature Activity Circuit* • *Daisy Hopscotch®*

**Nature Motor Sensory Path Deluxe Package**  
Product: ST 5502

Includes:  
*Motor Sensory Activity Stations*  
*Nature Activity Circuit* • *Daisy Hopscotch®*  
*Basic Activity Stations* • *Tree Pose*



**Fitness Activity Circuit Starter Package**  
Product: ST 5506

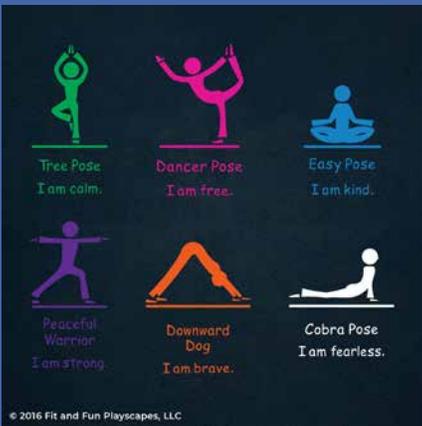
Includes:  
*Side Jump* • *Hop* • *Tightrope* • *Sprint* • *Tiptoe* • *Squats* • *Jumping Jacks* • *Lunges*

**Fitness Activity Circuit Premium Package**  
Product: ST 5507

Includes:  
*Side Jump* • *Hop* • *Tightrope* • *Sprint* • *Tiptoe* • *Squats* • *Jumping Jacks* • *Lunges*  
*High Knees* • *Burpees*

**Fitness Activity Circuit Deluxe Package**  
Product: ST 5508

Includes:  
*Side Jump* • *Hop* • *Tightrope* • *Sprint* • *Tiptoe* • *Squats* • *Jumping Jacks* • *Lunges*  
*High Knees* • *Burpees* • *Push-ups*  
*Sit-ups* • *Planks*



**Mindfulness & Kindness Starter Package**  
Product: ST 5530

Includes:  
Tree Pose · Dancer Pose · Easy Pose  
Downward Dog · Cobra Pose  
Peaceful Warrior · Peace Path by  
Soul Shoppe®



**Mindfulness & Kindness Premium Package**  
Product: ST 5531

Includes:  
Tree Pose · Dancer Pose · Easy Pose  
Downward Dog · Cobra Pose  
Peaceful Warrior · Peace Path by  
Soul Shoppe®



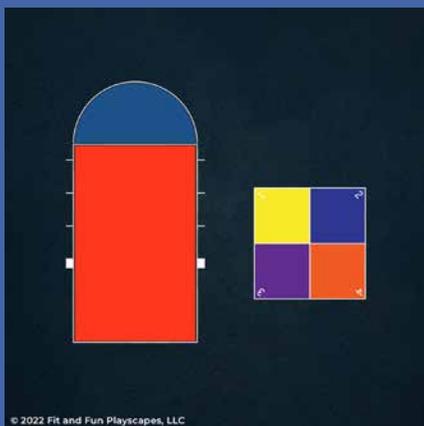
**Mindfulness & Kindness Deluxe Package**  
Product: ST 5532

Includes:  
Tree Pose · Dancer Pose · Easy Pose  
Downward Dog · Cobra Pose  
Peaceful Warrior · Peace Path by  
Soul Shoppe® · Inspirational Words  
Buddy Circle



# REUSABLE STENCILS

## PACKAGES

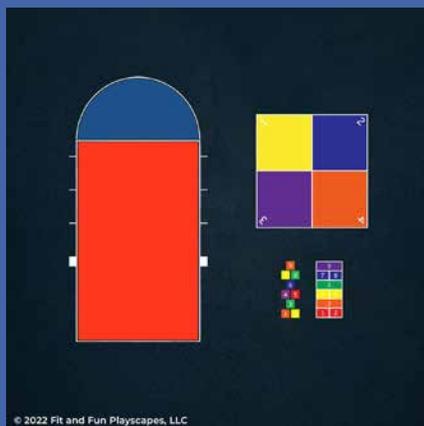


### Recess Classics Starter Package

Product: ST 5521

Includes:

Basketball Court Key · Four Square (Large)

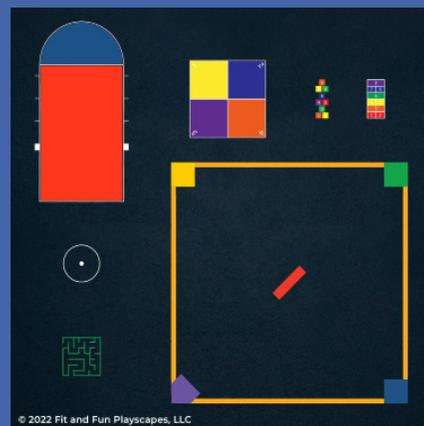


### Recess Classics Premium Package

Product: ST 5522

Includes:

Basketball Court Key · Four Square (Large)  
Classic Hopscotch · Modern Hopscotch

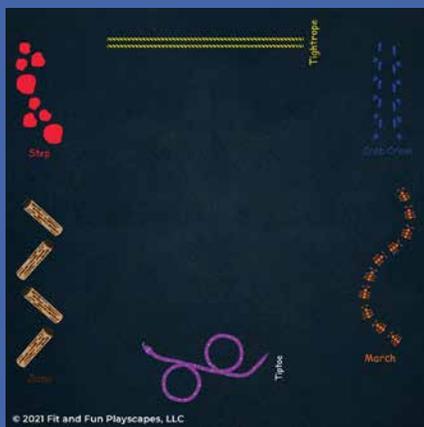


### Recess Classics Deluxe Package

Product: ST 5523

Includes:

Basketball Court Key · Four Square (Large)  
Classic Hopscotch · Modern Hopscotch  
Tessellation Maze · Circle Up (Small)



### Nature Activity Circuit Starter Package

Product: ST 5509

Includes:

March Ants · Crab Crawl · Tiptoe Snake  
Jump Logs® · Step Stones · Balance Tightrope

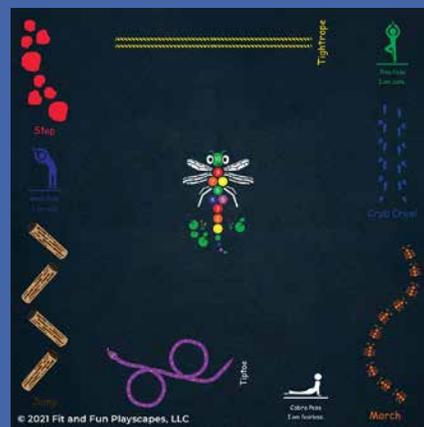


### Nature Activity Circuit Premium Package

Product: ST 5510

Includes:

March Ants · Crab Crawl · Tiptoe Snake  
Jump Logs® · Step Stones · Balance Tightrope  
Skipadee The Dragonfly Hopscotch®

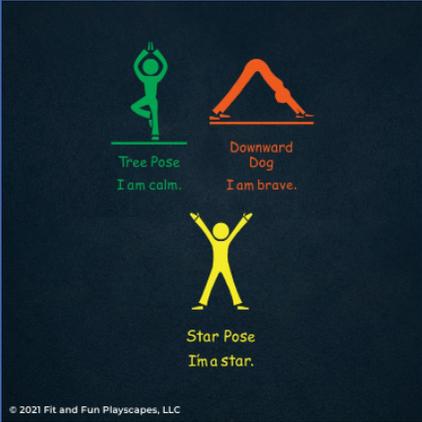


### Nature Activity Circuit Deluxe Package

Product: ST 5511

Includes:

March Ants · Crab Crawl · Tiptoe Snake  
Jump Logs® · Step Stones · Balance Tightrope  
Skipadee The Dragonfly Hopscotch®  
Tree Pose · Moon Pose · Cobra Pose



**Wellness Stations  
Starter Package**  
Product: ST 5518

Includes:  
*Tree Pose · Downward Dog · Star Pose*



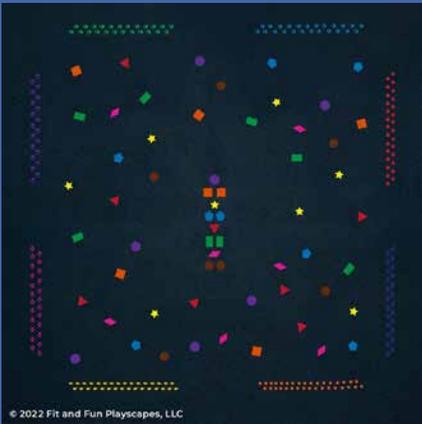
**Wellness Stations  
Premium Package**  
Product: ST 5519

Includes:  
*Planks · Push-ups · Sit-ups · Squats · Lunges  
Jumping Jacks · High Knees · Burpees*



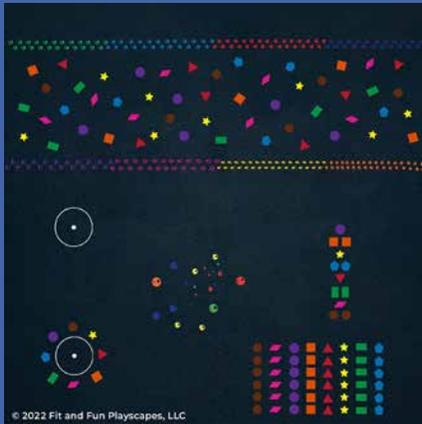
**Wellness Stations  
Deluxe Package**  
Product: ST 5520

Includes:  
*Tree Pose · Downward Dog · Star Pose  
Planks · Push-ups · Sit-ups · Squats · Lunges  
Jumping Jacks · High Knees · Burpees  
Fitness Agility Ladder*



**Pre-K Power Up  
Starter Package**  
Product: ST 5503

Includes:  
*Animal Paw Prints  
Shapes That Shape You Up*



**Pre-K Power Up  
Premium Package**  
Product: ST 5504

Includes:  
*Animal Paw Prints · Circle Up Small  
Shapes That Shape You Up · Bubbles Bubbles*



**Pre-K Power Up  
Deluxe Package**  
Product: ST 5505

Includes:  
*Animal Paw Prints · Circle Up Small  
Shapes That Shape You Up · Bubbles Bubbles  
Full Number and Letter Set*



# PAINT OPTIONS

## FOR REUSABLE STENCILS

### **SHERWIN-WILLIAMS PAINT & SUPPLIES**

**Make your stenciling project easy by purchasing Sherwin-Williams paint and supplies directly from Fit & Fun Playscapes!**

This is a liquid paint option that is in cans that get applied with rollers and/ or brushes. Gallon cans includes containers of paint, slip-resistance additive for large patterns, paint brushes and/ or rollers, plastic sheeting, and paint cups and/ or trays. Paint is matched to the colors and pattern(s) shown for each particular stencil and it typically includes FREE hand-delivery to your location by one of over 4,000 Sherwin-Williams store locations across the United States!

### **SPRAY PAINT**

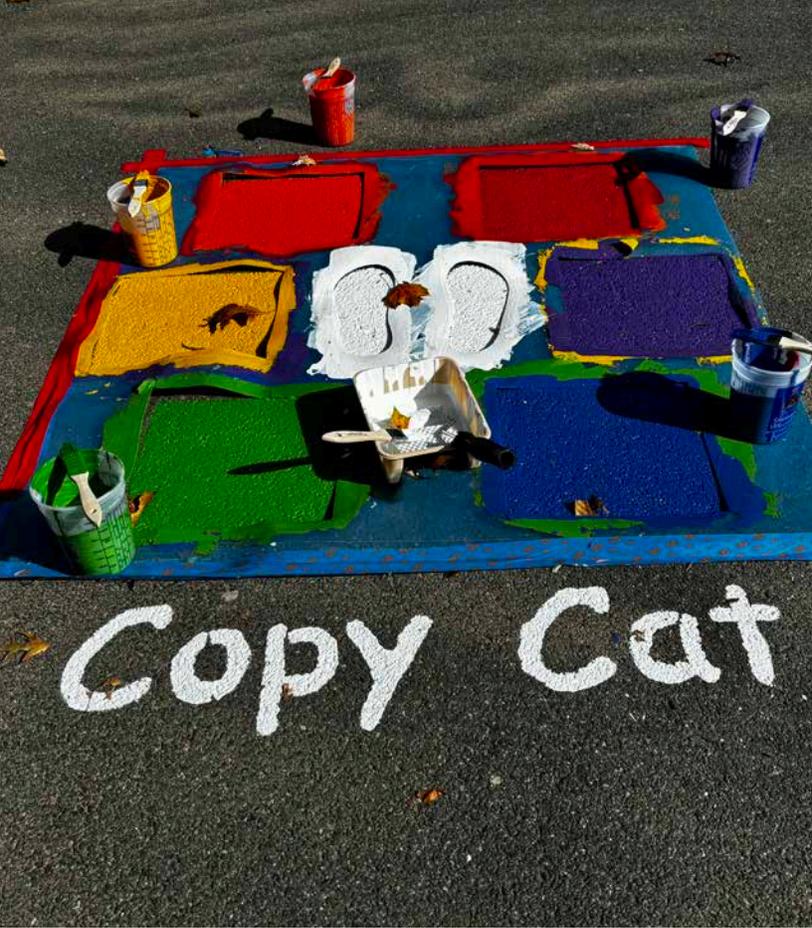
**Your stenciling project just became more economical by ordering spray paint!**

This is a commercial-grade, high quality aerosol form of paint that comes in cans and is sprayed. Fit and Fun Playscapes has created spray paint kits that are pre-calculated to match the stencil pattern shown. No supplies are provided in order to make this as economical for our customers as possible.

### **POURED-IN-PLACE PAINT**

**Update rubber surfacing with our stencils and paint!**

Fit and Fun Playscapes now can provide paint for poured-in-place, rubber surfaces by special order. Contact us to learn more.





# ROLL-OUT ACTIVITIES®



Bring engaging sensory, physical, and social activities just about anywhere with our Roll-Out Activities®. These mats are portable, easy to use, and made with high-quality, commercial-grade PVC material that is reinforced for stability and durability. Durable, and easy to clean and store. Custom service available. Printed in the USA.



**Bullseye**

Product: RR 003



**Four Square**

Product: RR 001



**Snake Loop**

Product: RR 019



**Fitness Agility Ladder**

Product: RR 002



**Skyscraper Hopscotch**

Product: RR 006



**Copy Cat**

Product: RR 007



**Daisy Hopscotch®**

Product: RR 008



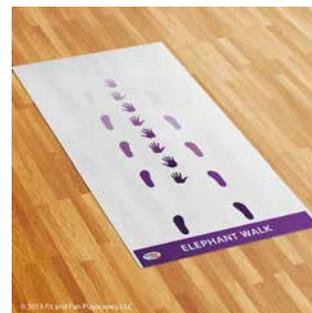
**Infinity Loop**

Product: RR 010



**Crab Crawl**

Product: RR 023



**Elephant Walk**

Product: RR 021



**Bear Crawl**

Product: RR 022



**Hop Letters and Shapes**

Product: RR 047



# ROLL-OUT ACTIVITIES®



**Heel-to-Toe**  
Product: RR 024



**Toe-to-Heel**  
Product: RR 026



**Buddy Circle**  
Product: RR 408



**Spanish Language  
Buddy Circle**  
Product: RR 409



**Zig Zag**  
Product: RR 027



**Modern Hopscotch**  
Product: RR 004



**Chess and  
Checkerboard**  
Product: RR 009



**Skelly Board**  
Product: RR 005



**Circle Fun**  
Product: RR 018



**Stone Path**  
Product: RR 020



**Shape Shift**  
Product: RR 025



**Rainbow Slide**  
Product: RR 041





# ROLL-OUT ACTIVITIES®



Skipadee the Dragonfly Hopscotch®  
Product: RR 045



Jump Logs®  
Product: RR 046



Crosswalk Care  
Product: RR 070



Push-Ups  
Product: RR 014



Jumping Jacks  
Product: RR 011



Planks  
Product: RR 012



Sit-Ups  
Product: RR 013



High Knees  
Product: RR 037



Lunges  
Product: RR 015



Squats  
Product: RR 016



Burpees  
Product: RR 017



Triangle Pose  
Product: RR 044



Tree Pose  
Product: RR 038



Downward Dog  
Product: RR 039



Star Pose  
Product: RR 040



Moon Pose  
Product: RR 042



Warrior Pose  
Product: RR 043



Santa's Village  
Hopscotch  
Product: RR 071



Easter Bunny  
Hopscotch  
Product: RR 072



# ROLL-OUT ACTIVITIES®

## PACKAGES



### Portable Sensory Path Starter Package

Product: RR 700

Includes:

- Circle Fun
- Elephant Walk
- Bear Crawl
- Crab Crawl
- Heel-to-Toe



### Portable Sensory Path Premium Package

Product: RR 701

Includes:

- Circle Fun
- Elephant Walk
- Bear Crawl
- Crab Crawl
- Heel-to-Toe
- Snake Loop
- Zig Zag



### Portable Sensory Path Deluxe Package

Product: RR 702

Includes:

- Circle Fun
- Elephant Walk
- Bear Crawl
- Crab Crawl
- Heel-to-Toe
- Snake Loop
- Zig Zag
- Shape Shift
- Stone Path
- Toe-to-Heel



### Wellness Starter Package

Product: RR 704

Includes:

- Tree Pose
- Downward Dog
- Star Pose



### Wellness Premium Package

Product: RR 705

Includes:

- High Knees
- Lunges
- Squats
- Planks
- Burpees
- Sit-Ups
- Push-Ups
- Jumping Jacks



### Wellness Deluxe Package

Product: RR 706

Includes:

- Tree Pose
- Downward Dog
- Star Pose
- High Knees
- Lunges
- Squats
- Planks
- Burpees
- Sit-Ups
- Push-Ups
- Jumping Jacks
- Fitness Agility Ladder

# ROLL-OUT ACTIVITIES®

## P.E. ASSISTANCE



### P.E. Assistance Roll-Out Activities®

Product: RR 703

Includes:

*Daisy Hopscotch®, Jumping Jacks, Zig Zag, High Knees, Fitness Agility Ladder, Infinity Loop, Lunges, Snake Loop, Squats, Shape Shift, and P.E. Spot Super Stickers®.*

*All mats may be purchased separately.*

## SPACE SAVER ROLL-OUT ACTIVITIES®



### Sensory Space Saver Roll-Out Activity®

Product: RRS 001

Includes:

*Heel-To-Toe, Daisy Hopscotch®, Crab Crawl, and Tree Pose.*



### Fitness Space Saver Roll-Out Activity®

Product: RRS 002

Includes:

*Squats, Sit-Ups, Lunges, and two Agility Ladders.*



### Pre-K Play Space Saver Roll-Out Activity®

Product: RRS 003

Includes:

*Circle Fun, Star Pose, Robot Hopscotch, and Rainbow Slide.*



# ROLL-OUT ACTIVITIES®

## COGNITIVITIES®



### Art, Music, and Movement that Helps Kids Reset

Cognitivities™ are the first executive function and self-regulation mats created using a research backed integration of art, music and movement. Each mat is designed to create a relaxing experience and allows children to practice a felt sense of slowing down in a calming and fun way!



Spin The Water  
Cognitivities®  
Product: RR 060



Playing in the Ocean  
Cognitivities®  
Product: RR 061



Riding on the Train  
Cognitivities®  
Product: RR 062

# ROLL-OUT ACTIVITIES®

## FUNDAMENTAL MOTOR SKILLS & OBJECT CONTROL



### Fundamental Motor Skills & Object Control Assessment

Practice fundamental motor and object control skills with this fun, colorful collection of portable mats that use the evidence-based practice of visual cues prompt kiddos to move and play! A great authentic assessment tool. The more you know about your student's abilities, the easier it is to decide what to teach. Use Fun2MOOV!® as part of your daily warm up, as stations, as a complete lesson, or just for active play.



Fun2MOOV!®  
Starter Package  
Product: RR 708

Includes:

Kick · Dribble · Catch · Throw · Strike · Roll

All mats are sold separately as well.



Fun2MOOV!®  
Premium Package  
Product: RR 707

Includes:

Leap · Jump · Slide · Hop · Gallop/Skip · Run

All mats are sold separately as well.



Fun2MOOV!®  
Deluxe Package  
Product: RR 709

Includes:

Kick · Dribble · Catch · Throw · Strike · Roll  
Leap · Jump · Slide · Hop · Gallop/Skip · Run

All mats are sold separately as well.



# ROLL-OUT ACTIVITIES®

## FIT & FUN FOREVER®



Inclusive games for adults and seniors that make you think and move!

Fit and Fun Forever® are movement-based games that are specifically designed for adults and seniors. These games provide all participants with a dynamic series of movement, social, and cognitive experiences which can help fight dementia and improve balance. But most of all, they are fun!



Fit & Fun Forever®  
Free Spirit Package  
Product: FFF RR 708

Includes:  
*Flex Ladder, Miracle Maze, Around The USA, Taking Aim, Balancing Trail, and Numeral Mania.*



Fit & Fun Forever®  
Namaste  
Product: FFF RR 709

Includes:  
*Sleep Better, Self Care, Live the Moment, Balance, Breath, and Gratitude.*





# GAME ACCESSORIES



## GIANT CHESS SET

Product: CH-001

This giant-sized chess set (with 25" king) will inspire anyone to play and learn chess! The set is ideal for school, recreation departments, camp, parks, or home use. Chess is so much more fun at this scale! The plastic pieces are made of rugged, waterproof, and UV-resistant injection molded plastic. These are commercial grade chess pieces and will stand up to years of abuse.

*Purchase our chessboard separately, available in our Roll-Out Activities® and Reusable Stencils collections.*



## GIANT CHECKERS SET

Product: CH-002

This giant-sized checker set (10" diameter) will inspire anyone to play and learn checkers! The set is ideal for school, recreation departments, camp, parks or home use. Checkers is so much more fun at this scale! The plastic pieces are made of rugged, waterproof, and UV-resistant injection molded plastic. These are commercial grade checkers and will stand up to years of abuse.

*Purchase our checkerboard separately, available in our Roll-Out Activities® and Reusable Stencils collections.*



## GAME DISCS

Product: HT-001

These rubber game discs are flexible and safe for recreational use. The discs fit in the palm of your hand, flies evenly, and grips the pavement as it is tossed. They're great for any of our hopscotches, tossing games, or making up new games that require tossing.

LEARN  
MORE &  
ORDER  
HERE



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**fitandfunplayscapes.com**

info@fitandfunllc.com • (800) 681-0684

