



# Obstacle Course Fun

A simple obstacle course can create a real sense of accomplishment in children, as they complete challenges that are set before them. An obstacle course can also help a child work on motor skills like jumping, turning around, and catching a ball. These skills are the foundations for more complex movements later in childhood. In addition, an obstacle course can help a child learn how to follow directions.

### Possible obstacles you can set up in your home:

- Place pieces of newspaper on the floor as “stones” and have your child jump from page to page.
- Have your child throw a stuffed animal or ball into the air or into a box or basket. An older child will enjoy trying to catch an object as you gently toss it to him or her.
- Place a bed sheet over the kitchen table, and help your child crawl through the “cave.”
- Use masking tape to create lines, zig-zags, or circles on the floor, and encourage your child to walk along the tape.

### Ideas for an outdoor obstacle course:

- Jump over a stick.
- Run around a tree.
- Crawl under a picnic table.
- Run around cones or lawn chairs.

Use these ideas or come up with others. Get the whole family involved in creating unique obstacles!

