

# Obstacle Course

During those cold spells when going outside is unsafe, try an obstacle course to get the wiggles out.

## What You'll Need:

- 3 cardboard boxes
- Tunnel (optional)
- Blocks
- Masking tape
- Construction paper
- Paper plates
- Child safe scissors
- Stop watch
- Ribbon for finish line
- Other items for variations

## You never know what obstacle might pop up on this course!

Make paper cones to place along the route to mark the course boundaries.

**Cone Directions:** Take a sheet of construction paper, and cut out a half circle. Roll the paper into a cone, and tape it.

Cut off the top and bottom of a box and place on its side. (Or use a tunnel if you have one)

Tape 10 paper plates to the floor so that children place their feet on each one (similar to athletes running through tires).

Use another cardboard box with the top open for children to crawl in and out of.

Build a wall of blocks that children need to jump over. For a more challenging course add 2 or 3 walls of varying sizes.

Cut holes in adjoining side of another box for children to crawl through.

Use colored tape on the floor as an arrow that children will hop, skip, gallop or run along to the end of the obstacle course.

Use a stop watch to time older children. Have children strive for PR (personal record) on this course rather than competing against each other. Get school age children involved in time keeping and recording results. Have all children involved in setting up the course and varying the degree of challenge.

## You have infants and toddlers in care - create a course that works for them!

Create a simple, safe obstacle course by laying out a path of pillows and cushions. Have the course zigzag around the room.

- Encourage children to complete the course by crawling or walking (some may need assistance) along the path.
- Vary the height of the path by stacking a couple of pillows. Make the course more challenging by running it under a table so children have to crawl underneath, or by positioning the pillows around the room (avoid furniture with sharp edges) so children have to maneuver around ottomans and padded chairs or couches.
- Use cushions and pillows of varying sizes, colors, and textures to keep the course interesting.

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Obstacle course: 1001 Activities for a Smarter Child, Consultant Susan Miller, Ed.D, Publications International, Ltd.

Toddler Variation: Toddler Play 100 Fun-filled activities to Maximize Your Toddlers Potential. General Editor Dr. Wendy S. Masi, Creative Publishing International.