

healthy bodies

Ages 2
and up



Obstacle course—explore movement and creativity

A great way to use furniture items at home to create a fun physical activity for children. They can explore active movement by climbing up, moving under, over and put their creative minds to work. Can be played inside or out.

Learning benefit/skill development

- Strength and balance
- Sensory input
- Development of gross motor skills
- Memory and navigation skills

Benefit to family

- Not just children but family or other relatives can also get creative with this game. Be creative about items you use, like couch cushions, bean bags other household items.
- This activity can become a way to

foster positive reinforcement and connection with your child who may be able to complete the obstacle in a certain time or follow clear instructions about the course, creating a sense of positive achievement.

Tips

- Keep in mind the ages, abilities, and number of children involved as well as the space you have, and adjust the course accordingly.
- If working at home, be sure to set up near where you work so you can ensure they are safe.