

**healthy
bodies**

**Ages 2
and up**



Mission Impossible—Laser Maze challenge

This activity allows children to engage in physical activity indoors, working their way through this physical challenge by jumping, crawling and climbing to the end, Mission Impossible style.

Learning benefit/skill development

- Enhances fundamental movement, coordination and balance abilities
- Promotes Teamwork and collaboration
- Fosters problem-solving and critical thinking skills
- Encourages children to navigate their surroundings

What you'll need

- Masking Tape (to reduce damage to walls)
- Crepe Paper or Paper Roll

Instructions

- Tape the crepe paper from one wall to the other in a zig-zag pattern, back and forth, high and low, across the room (or down the hallway).
- Once maze is in place, encourage children to make their

way through the laser maze without touching the lasers, to get through it safely (just like in the movies).

- Encourage a few rounds going back and forth.

Tips / modifications

- Try to make the laser maze challenging enough for children to carry out a variety of movements such as under, over and in between.
- Depending on the skill level and a child's ability, an additional challenge could be set to see if the laser maze could be completed quicker on round two or three. This challenge is a great way for children to work together, taking turns with friends or family.