

# Obstacle course



**Suitable for:**

7+ year olds

## What to do:

- Can you create an obstacle course inside or outside?
- Create your own course with items around your house.
- Jump across pillow lily pads. Hop around the kitchen in Dad's shoes. The floor is lava. Get from one side of the room to the other without touching the floor.

## What you need:

- Household items - pillows, cushions, blankets, shoes, other obstacles.

## Benefits of this experience:

Learn problem solving skills by identifying a problem and finding a way to solve it and get around it. Develop team skills by working together to solve a problem.

## Story and rhyme time:

Visit your local library to find these books:

'Splat the Cat and the Obstacle Course' by Rob Scotton

'Ninjas Go Through a Ninja Warrior Obstacle Course' by Mary Nhin