



Challenge It!

Obstacle courses have been around for years and have many benefits for older infants, toddlers, preschools, and school-agers. They build a wide range of movements, directional skills, and sequencing while encouraging good self-esteem, confidence, and thinking and problem solving skills. Ultimately, it is an engaging way to build motor skills.

Using pillows, cushions, bedding, chairs, tables and more, layout an obstacle course for your child to follow. Give your child an opportunity to help out especially the older children. Together, allow your creative minds to go wild with a variety items at home. While creating the obstacles course, include low levels they have to crawl under tunnels and narrow pieces on which to balance. Also, think about challenging your child by adding certain levels of difficulty to the course. Most importantly, be sure to tailor the course to your child's abilities.

This experience will encourage your child to move, burn off some energy, and have some fun at the same time. This experience can also build sensory processing, motor skills, and coordination. Most importantly, it challenges your child!

Learning on the Go!

- With your child, discuss ways to use items in or outside the home to create an obstacle course outdoors. For verbal children, give them the opportunity to lead the conversation and set items up for the obstacle course.
- Headed to the park? Identify play structures and tangible items to create an obstacle course. Do not be surprised if other children and parents want to join in on the fun.



Share with us! We would love to see how you did with this activity. Use the hashtag #grow2gether so we can find it!

