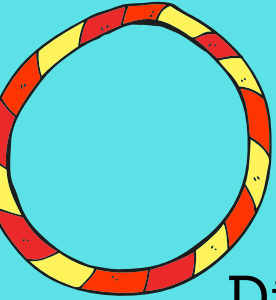
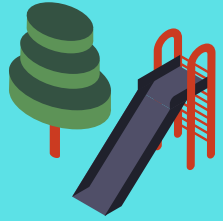


Build your own Obstacle Course



Try to incorporate an idea from each of the following areas to give kids a fun at home physical activity

Direction

Use tape, string, numbers or letters to show the path

Balance

Follow a line
Balance beam
Stand on one foot
Pretend to surf

Jumping

Hopscotch
Leap frog
The floor is lava

Logic

Solve a small puzzle
Answer a math question
Sorting activities

Strength

Roll dice or spin a wheel to determine which activity: pushups, squats, situps, etc.

Crawling

Under a chair
Through a tunnel

Something Silly

Dance party
Wiggling
Stomping

Height (Optional)

Climb over furniture
Hang from a sturdy surface

Extra Hints:

Keep it safe. Make sure everything you use is strong enough for what you're using it for. Spread things out to avoid running into anything.

Add an extra challenge. Time your child through the course and encourage them to do it faster next time.

Play along. Show them how it's done by doing the obstacle course yourself.

Mix it up. Try coming up with your own unique ideas to build the best obstacle course.

Share the fun. Post videos of your obstacle course with #HWSTLathome or #HWSTLatschool so we can keep up with the fun.

