



Indoor Obstacles course

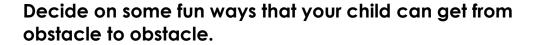




You can use just about anything to build an indoor obstacle course.

Ideas:

- -Crawl under or over a row of chairs.
- -Crawl under a ribbon stretched between two chair legs.
- -Balance on cushions
- -Use tape to create lines on the floor to jump over.



A few ideas:

crab walk, slither like a snake, walk sideways, dance.







