



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.



Decide on some fun ways that your child can get from obstacle to obstacle.

A few ideas:

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

