



elle



MAKE YOUR OWN Obstacle Course

Create your own... Obstacle course! This can be any variation you can dream of, some of our ideas are below.

WHAT YOU NEED:

- ANYTHING here are some easy ideas:
- Pool noodles
- Hoola hoops
- Play equipment
- Activity cones
- Jump ropes

1

Backyard obstacle course: Using any play equipment you already have, design a course around your backyard. Use pool noodles, hoola hoops, activity cones or jump ropes to map out a course. Time your kiddo and see how fast they can get through!

2

Indoor obstacle course: Take a bundle of yarn and wrap it around various furniture and fixtures in your house to make something that looks a bit like a laser maze! Now see which of your kids can get to the other side without touching a single string of yarn.

3

For the younger kiddos: Indoor train obstacle course! All you need is a roll of masking tape and the furniture you already have. Use the masking tape to create train track patterns on the floor leading to the obstacle, and have your kiddo use the tracks as if they were a train. For example, the tracks in the kitchen could lead to a table that your kiddo will need to go under! You can also leave breaks in the tracks on purpose, which your child will need to jump over in order to continue.

