

LET'S CREATE YOUR OWN OBSTACLE COURSE!

Find a safe area to set up and put together course sections using the following ideas.

MAP OUT YOUR COURSE!

Set out five adult-approved items in the designated area, each spaced a foot apart, in a line. Dodge, jump, or move around each item before moving to the next station.

I SPY WITH MY LITTLE EYE... ANIMALS!

Place your stuffed animals (or put a sticky note with a specific animal) next to each obstacle. The animal seen with the area is the movement and sounds you have to make while performing the task!

PRACTICING BALANCE!

Blow up a balloon and hold it on a spoon or in your teeth as you move in a straight line between two points.

AGILITY CHALLENGE

Set up a string obstacle course to create a spy scavenger hunt. Place tiny objects on the floor that you have to grab while you avoid touching the string. The person with the most picked up items wins!

THE FLOOR IS LAVA!

Create safe areas in your room and then jump, hop, or move around the room using only the safe areas. Avoid the floor, it's lava!