

Rainy Day Obstacle Course

[DATE]

By: Shelby Hagedorn, COTA/L

Are there days in your household, when the kids are squirmy and tired of playing indoors? Try building this 3 – step obstacle course with items you have around the house. This obstacle course works on upper body strength, core strength, balance, the sensory system, body awareness, multi-step activities, memory, and turn taking.

Steps to Build:

1. Create a design with tape on the floor. The kids will be walking or crawling on the tape design, (Note: you can make this as long or short as your space allows and as simple or as difficult as you like)
2. At the end of your tape design, place two chairs back to back and attach a scarf or blanket at a height where a child can crawl under it.
3. Place the couch cushions or pillows in a line after the chairs.

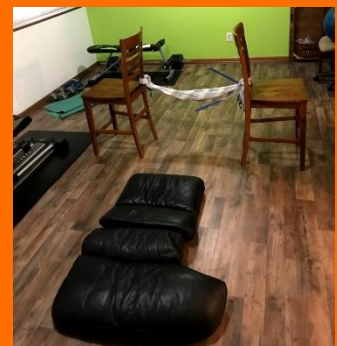
Steps to Complete the Course

1. Do a bear crawl following the tape pattern (For more fun, change to different animal walks each time you complete the course)
2. Crawl under scarf
3. Walk or crawl over the cushions or pillows.
4. Repeat!



Materials

- Painter's Tape or Masking tape
- 2 Chairs
- Scarf or blanket
- Couch Cushions or Pillows



Check Out this Video

To see this obstacle course in action, check out this video or click this link to go to our YouTube page.

<https://www.youtube.com/watch?v=s6Cfkz856P8>

