

DIY OBSTACLE COURSE WITH FUNCTIONAL ACTIVITY FOR PRESCHOOLERS

Kids love to learn through play and movement. Setting up an obstacle within your home or the child's natural environment can provide you with the opportunity to combine learning or completing a functional task with play/movement. There are many objects within the home or school environment that can be used to make an obstacle. Here is a list of objects and then ways to combine them with a learning activity for a DIY obstacle course:

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- couch cushions or pillows to crawl over or hop across
- blankets to crawl under
- small slide to go down
- mini basketball hoop
- laundry basket to use as a target
- hula-hoop to jump in/out of
- chairs to crawl under or over
- mini trampoline
- puzzle pieces to take through obstacle course
- weighted balls (or a weight household item like a can of soup) to carry throughout obstacle course
- cones (or another visual object) to weave in/out of
- scooters

Example Obstacle Course and Functional Activity (using a combination of the supplies listed above):

1. Complete 10 jumps on mini trampoline and then pick 1 puzzle piece placed at start of obstacle course to bring through until the end (where it will be assembled. Recommend using a foam board puzzle or small knob puzzle)
2. Hop across 5 pillows (or Hula-hoops is outside)
3. Crawl over and under household chairs
4. Weave in and out of cones (or a household visual)
5. Use a visual to indicate the end of the obstacle course and cue to start to assemble puzzle

