

## Run an Obstacle Course

**Outcome:** Climbing, crawling and jumping all help strengthen the large muscle groups in children's arms, legs, and core. This activity also improves their gross motor skills and increases their self-confidence.

**Materials Needed:** Items from around your house, including furniture.

### How to Play:

- Using furniture or other items around your house create an obstacle course for your child that encourages them to climb, crawl, jump and get active.
- Set up something steady children can step on, **for example:** a stool, a big wooden block, or anything in your home you feel comfortable letting your child climb like a couch.
- Set up something children can crawl under, **for example:** a table or big box.
- Set up something children can jump over, **for example:** tape lines on the floor, construction paper, pillows, pots and pans.
- Let your children play until they get tired!