Indoor Obstacle Course

1. Collect some “obstacles” from items in the classroom e.g. pillows, chairs, stuffed animals, pots & pans, blocks.
2. Set items up around the room to create your course.
3. Have rules for each item, such as “hop on one foot around the chair” or “walk backwards 6 steps with the pillow balanced on your head” or “play a song using a wooden spoon and a pot.”
4. Make sure that everyone gets a turn and start over with new items and rules if it’s a big hit! Adding music always makes it more fun!

TIP: Ask the children for suggestions; they’ll be sure to have some great (and potentially goofy) ideas!

Live Outside the Box, and try some fun, physical games instead!
2 hours or less of recreational screen time, and NO screen time under the age of 2.

Activity adapted from King County Overweight Prevention Initiative’s
LIVE OUTSIDE THE BOX Toolkit

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