

10 CREATIVE OBSTACLE COURSE IDEAS FOR KIDS

1 || Carrying An Object Have kids carry a ball, toy, or other object through the obstacle course to increase the challenge. Make it a weighted object for more proprioceptive input and to build strength.

2 || Holding Hands Make it a partner game! Assign partners and challenge kids to hold hands with their buddy without letting go as they move through each obstacle.

3 || Red Light, Green Light This is a great way to work on impulse control, reaction time, and self-regulation. When you call out "green light!", kids begin moving through the obstacles. Call out "red light!" and that's their cue to freeze – even if they're teetering on the edge of an obstacle!

4 || Animal Walks Have kids try moving like an animal all the way through the obstacle course (crab walk, bear walk, inchworm).

5 || Speed Challenge Can kids race against the clock as they make their way through the obstacle course, trying to achieve their fastest time? Or, can they try it in slow motion?

6 || Song Signal Play music as kids move through the obstacles. Stop the music without warning and see if kids can freeze as soon as they hear it stop. Repeat!

7 || Take it Outside! Using natural obstacles like logs to balance on, stones to step on, and branches to crawl under is a great way to breathe a little life into an obstacle course. Try our Sensory Motor Scavenger Hunt for more ideas!

8 || Partner Carry Have kids work as a team to carry an object (ball, balloon) as they make their way through the course.

9 || Lights Out! Dim the lights and give kids flashlights, headlamps, and glow sticks to light their way through the obstacles!

10 || Super Simple DIY Obstacle Course No supplies or equipment? No problem! Use chalk to draw an obstacle course.