

# OBSTACLE COURSE WITH OLA ORANGE



## WHAT YOU'LL NEED:

Moveable household items to crawl, climb and or jump over and under (e.g. pillows, empty cardboard boxes, chairs, paper/card).



## HOW WE DO IT:

### INDOORS

#### 0-12 MONTHS

Place various objects around your living room. Vary the height and distance between the objects and encourage your child to crawl and climb over, under or through them. You could play this in a garden too.

#### 12 MONTHS – 2 YEARS

Make the course slightly more challenging by adding a few more obstacles, using the similar objects as for 0 – 12 months.

### OUTDOORS

#### 2 – 5 YEARS

Make the course together with your child, in the garden, letting them choose some of the obstacles. As they become more agile, add low jumps and objects to balance on. Help your child find their own level of agility. To make it more fun, encourage your child to travel around the obstacle course like their favourite bug / animal (butterfly, spider, ant, bee, frog, etc).

