

Toddlers

Indoor Obstacle Course

YOU WILL NEED

- Movable furniture
- Blankets
- Cushions



WHAT TO DO

Being indoors doesn't mean your child can't be active! Help your toddler burn off some energy by working together to create an indoor obstacle course. You can use cushions to jump on or over, a blanket over a table to create a tunnel, and chairs for them to weave in and out of.

LEARNING & DEVELOPMENT

This activity will get your child moving and their heart racing, which is important for their overall health. They will also develop their strength and physical co-ordination through using different muscle groups as they negotiate their way through the course. Working together to create the course will also develop their communication and negotiation skills, as you discuss the possible ways you can arrange your obstacle course.