

# Outdoors

## Here are a few ideas which you could do with your child at home

### Create an obstacle Course (Outdoors or indoors)

#### Babies

Once your baby is on the move, line up some kitchen chairs with a blanket over top and encourage your baby to crawl through (you could go first, or roll a ball or toy through). Put some pillows on the ground for your baby to crawl over. Use a chair or an ottoman as an obstacle your baby has to go around.

#### Toddlers

Gather any suitable resources you have around the house: empty paper towel rolls, a bouncy ball, a wooden spoon, kitchen tongs, a bucket or other large cup, pillows or cushions, a sheet or blanket, a toy that rolls (like a car, bus, or doll's pram), a scarf, tape, and a book.

Map out some space for your course—it doesn't have to be a lot! Place a piece of tape or ribbon at the "starting line." Choose a move your child can do at the starting line to begin the obstacle course. A few ideas: strike a pose, do a dance, do three jumping jacks, spin around three times, pretend to be a certain animal. Pick a challenge, like balancing a book on your head, to move from one part of the course to the next.

Decide on some fun ways that your child can get from obstacle to obstacle.

A few ideas: crab walk, bear walk, slither like a snake, walk backwards, walk sideways, dance, walk with eyes closed, walk with a book on their head etc.

#### Pre-School Children

Set up some bigger physical obstacles.

A few ideas: Drape a sheet between two chairs, where your child has to crawl under or limbo under. Put a small bouncy ball on the floor, which your child has to pick up with their toes and drop it into a bucket. Place a toy that rolls at one station and have your child push it using their nose to the next station etc.

Mix the larger physical obstacles with smaller ones for fine motor skills.

A few ideas: Pile some small items or toys on the floor next to some tongs or a ladle. Now, at this station, your child must transport each item using the ladle or tongs to a bucket or bowl at the next station. Make it more challenging by setting up a jar of alphabet magnets and have your child reach in, pick one, and say a word that begins with that letter before they can move on.