



Ideas for Obstacles

- Create a balance beam by using painters tape or colored duct tape.
- Use pool noodles as hurdles for the child to step or jump over.
- Have the child balance on pillows to advance to the next obstacle without touching the floor.
- Include a tunnel or have the child practice animal walks to help improve upper body strength.
- Weave string back and forth between chairs on either side of the hallway, and have the child crawl under the string or step through it.

Therapy Tips

- Have the child go through the obstacle course to retrieve puzzle pieces or other items for an activity. This ensures they complete the course multiple times!
- If the child is working on writing letters, use a puzzle with letters during the obstacle course. As the last step of the course, have the child write the letter(s) they retrieved on a whiteboard.
- Using flash cards, have the child identify or spell objects.
- Ask your therapist for more obstacle course ideas that are specific for the child!
- Be creative and keep it fun!

Why?

An obstacle course has the potential to address a variety of developmental areas, including planning, sequencing, fine motor, gross motor, problem solving, eye-hand coordination, visual spatial awareness, ocular motor skills, balance, and bilateral coordination.