



# Bright Ideas: Indoor Obstacle Course

Simple activities such as building an indoor obstacle course can go a long way to developing important life skills.

Have your child help plan an obstacle course using pillows to move between and around, blankets to crawl under and chairs to climb over.

Trying the course on all fours or in a wheelbarrow position will help develop upper body strength and coordination.

Incorporate a little imagination into the game and pretend to be an animal. Walk like a crab, slither like a snake or hop like a frog!

