THE SAGE DAD

SMALL ADVENTURES. TIME TOGETHER.

Living-room obstacle course

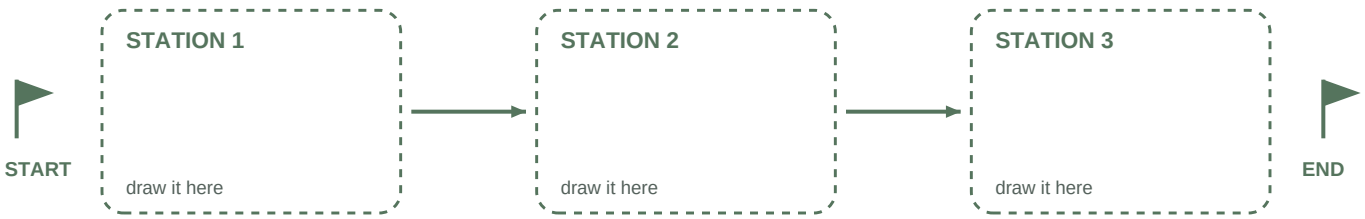
SD-B024 / EXPLORERS · AGES 4–6

Move safely through a simple path.

YOU NEED: Pillows; floor tape; adult helper

MEET	Point to a safe space for moving.
WATCH	Grown-up shows step over, crawl around, and balance.
TRY	Build three stations and move through them slowly.
CELEBRATE	Draw your favorite station!

MY THREE-STATION COURSE



My favorite station

How I moved

I moved slowly by…

GROWN-UP GUIDE: Use soft, stable objects on a clear floor. No elevated balancing, jumping from furniture, or speed races.