

Living-room obstacle course

AGES 5-10 / ABOUT 20 MIN / WITH A GROWN-UP

1. With a grown-up, build a course with 5 stations: crawl under, step over, hop, spin, balance.
2. Draw a map of your course. Number the stations.
3. Try it. Time one turn with a grown-up. Can you beat your time?

Map of my course

My time: try 1 vs. try 2

MY NAME OR MARK: _____

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THE GROWN-UP GUIDE

Planning and movement work together.

GATHER

This sheet, pillows, blankets, chairs, tape, a timer.

A QUESTION TO BORROW

Which station was trickiest? How could you change it?

MAKE IT EASIER

Use 3 stations. Skip the timing.

ADD A CHALLENGE

Design a course for a stuffed animal or a younger sibling.

A GOOD PLACE TO STOP

Put everything back together and rate the course out of five.

KEEP IT COMFORTABLE & SAFE

Clear hard or sharp items. Soft landings only. Grown-up spots balance stations.

CONNECTED TO

The Sage Dad · Movement

Age ranges are a guide. Let your child point, draw, dictate or write.
Use with a grown-up; pause whenever either of you needs a break.