

Obstacle Courses with Household Items



Create fun and engaging obstacle courses with everyday household items and some imagination. Demonstrate each obstacle with kids so they understand the movement (e.g., run around the chair then do 5 frog jumps). As kids get more accustomed to the variety of obstacle course options, encourage them to create their own obstacle courses to challenge the entire family. Some ideas for obstacle course items are listed below, but feel free to get creative and use what you have available.

- Chairs – Go over, around or under chairs.
- Pillows – Practice balance by standing on pillows.
- Plastic cups and tupperware – Place on the floor for makeshift cones.
- Blankets – Use on non-carpeted floors to push and pull participants or objects. Blankets can also be draped over chairs for tunnels.
- Sidewalk chalk – Draw agility ladders, lines or arrows to follow, baseball bases or hopscotch squares.
- Tape – Can't go outside? Use tape to mark areas indoors.
- Cardboard boxes – Create quick tunnels to crawl through or use small cardboard boxes to jump over.