



Obstacle Course Challenge: Building Coordination & Confidence

Obstacle courses are an exciting way to engage children in active learning. This activity builds gross motor skills, coordination, balance, and confidence — all while having a blast. You can tailor the course to your child's abilities and even set it up indoors or outdoors.



How to Set It Up:

1. Choose a safe space: living room, backyard, hallway, or playroom.
2. Use pillows, chairs, tape lines, tunnels, or boxes to create stations.
3. Demonstrate each part first (e.g., jump over a pillow, crawl under a table).
4. Guide your child through slowly the first time, then let them repeat it more independently.



Materials Needed:

- Pillows or cushions
- Chairs or stools
- Tape or string to mark lines
- Tunnels, boxes, or laundry baskets (optional)
- Timer or music (optional for fun!)



Tips for Success:

- Keep it simple for younger kids.
- Use verbal cues like “go,” “stop,” “crawl,” “jump.”
- Adjust the course for your child's needs (shorter or longer).
- Turn it into a race or relay with siblings or friends!



Obstacle courses help your child burn energy, follow directions, and feel proud of what they've accomplished. It's a fun way to combine therapy goals with joyful movement.

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