



Create an Obstacle Course at home

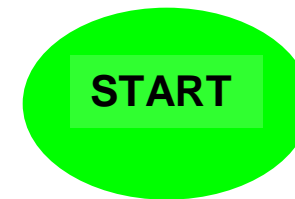
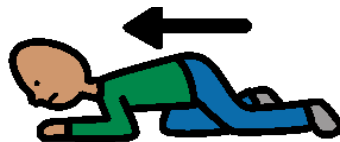
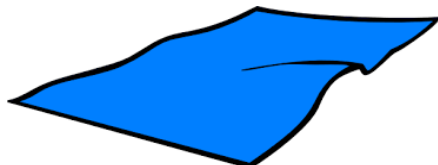
Tips:

- Use verbal rehearsal (repeating out loud) to help your child to remember where they need to go next
- Sequencing: talk through the course step by step e.g. "first we do an animal walk, next we crawl under the blanket and last we roll on the mat."

Use a mat, yoga mat or towel.
Child can log roll along the mat,
or roll themselves up in the mat
and then roll themselves out



Crawl over cushions, under
blankets, or with a beanbag/
teddy on their back



Create a line
along the floor/
ground with chalk,
masking tape or a
skipping rope
(tape it down!)

Child can do
animal walks
down the line, or
jump side to side
across the line

