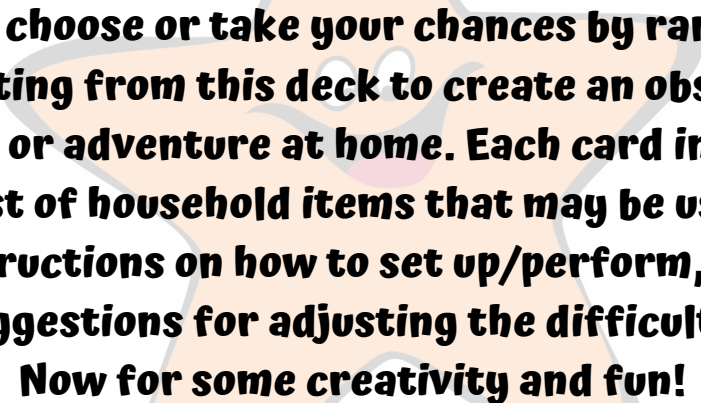


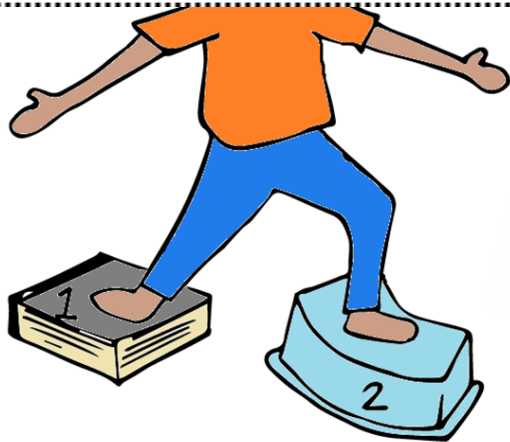
# Obstacle Course Cards

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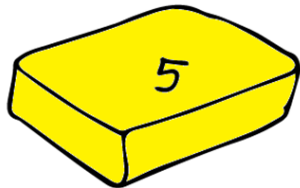
*Making a Difference*



**Pick & choose or take your chances by randomly selecting from this deck to create an obstacle course or adventure at home. Each card includes a list of household items that may be used, instructions on how to set up/perform, and suggestions for adjusting the difficulty. Now for some creativity and fun!**



# Stepping Stones



# Stepping Stones

## Equipment/materials:

For stepping stones you can use (either by themselves or in combination):

- Couch cushions
- Text books
- Pillows
- Spots
- Step stools
- Carpet squares
- Phone books
- Chairs

## Instructions:

- Place stepping stones in line or in a staggered formation
- Progress from one to the next until you get to the other side
- Pretend they are lily pads to cross a pond, stones to traverse a river, rocks to keep out of lava, or any other ideas your imagination discovers

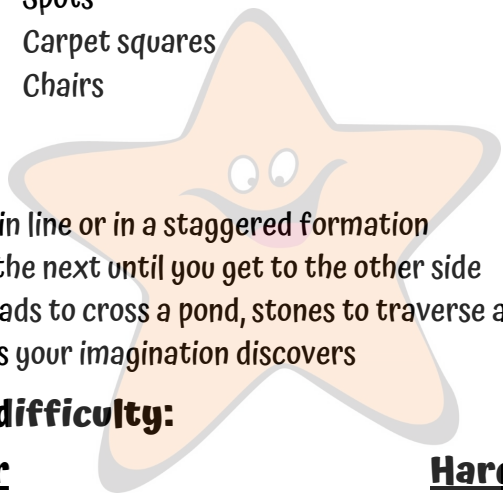
## How to change the difficulty:

### Easier

- Firm surfaces
- Close together
- Both feet on each step

### Harder

- Compliant or less stable surfaces
- Stones farther apart
- One foot per step





**Climb**

## Equipment/materials:

To create a mountain or other climbing experience, you can use:

- Stairs
- A pile of couch cushions and pillows
- An ottoman
- Foam rollers (smaller/younger kids)
- Flipped over laundry basket

## Instructions:

- Establish start and end verbally or use a target at the end to work towards
- Consider creating a gradient if possible so some height is gained
- As the child works up the gradient, be sure to stay close or guard them as they go

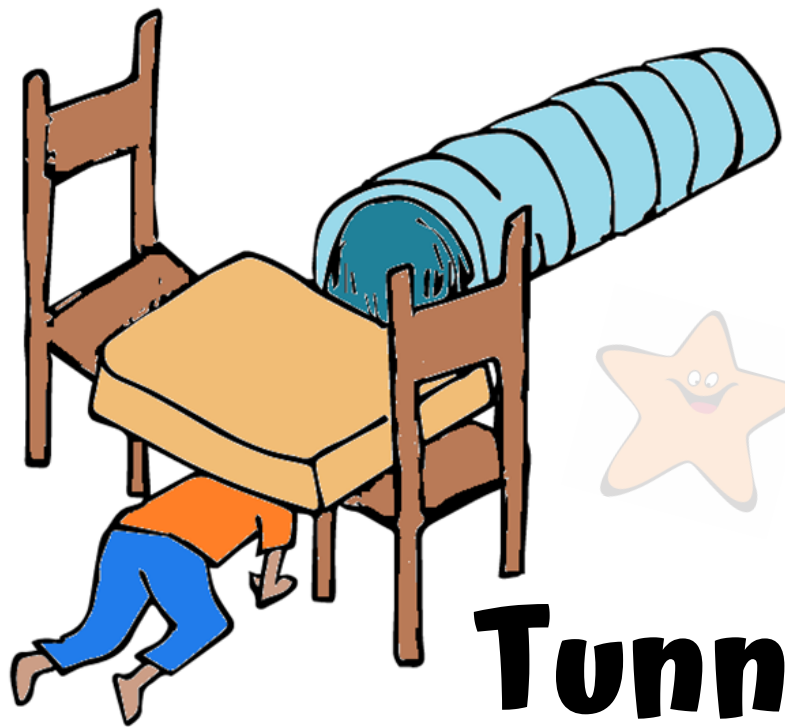
## How to change the difficulty:

### Easier

- Lower heights
- More stable/firm objects

### Harder

- Taller or more oddly shaped
- Softer objects or those which might shift/rock a little
- Challenge child to find a "different" way to climb over (i.e. no hands helping or go backwards!)



**Tunnel**

# Tunnel

## Equipment/materials:

For a tunnel you can use (either by themselves or in combination):

- An actual tunnel (that was easy!)
- Chairs or table(s)
- Other pieces of furniture and a sheet

## Instructions:

If you do not have an actual tunnel, you can:

- Line up chairs so the space between the legs forms a tunnel (works for smaller kids)
- Establish crawling under a table or tables as the tunnel
- Span a sheet across other pieces of furniture such as an ottoman or coffee table and the couch

## How to change the difficulty:

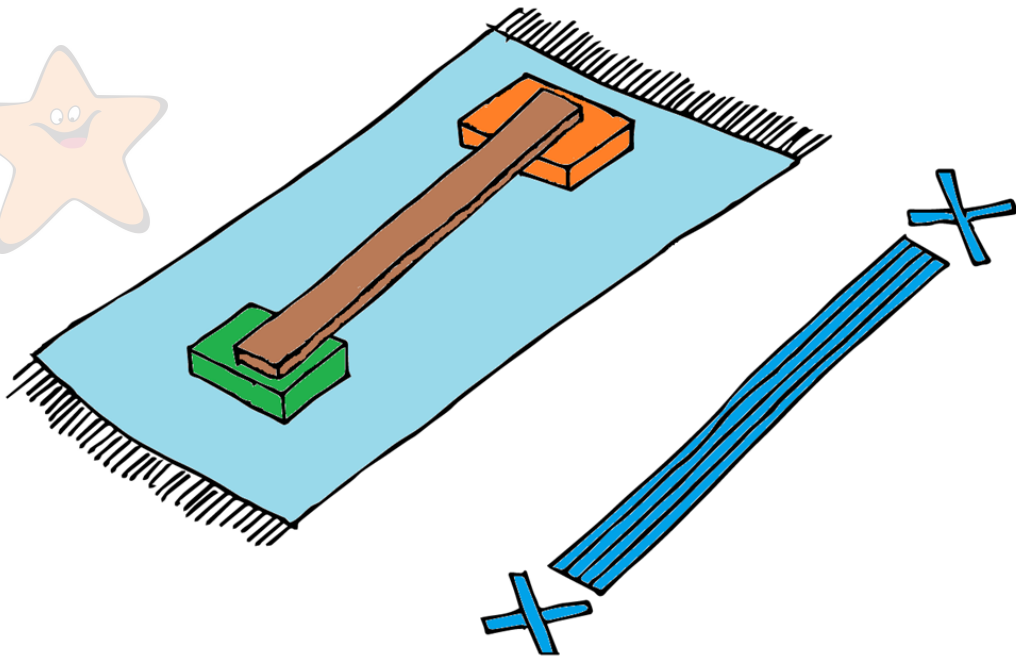
### Easier

- Shorter tunnels
- Wider tunnels
- Over a flat and stable surface

### Harder

- Longer tunnels
- Tunnels that are a bit more narrow
- Over a less stable or soft surface like a pile of cushions
- Push a ball or something with resistance through





**Balance Beam**

## **Equipment/materials:**

## **Balance Beam**

To create a balance beam or a bridge to cross, you can use:

- An actual balance beam (that was easy!)
- Plywood, boxes or text books
- Painter's tape
- Books lined up in a row
- Sidewalk chalk

## **Instructions:**

- Create a line using available materials
- If using painter's tape or sidewalk chalk you can adjust width by adding/taking away
- If using plywood or something similar, you can stabilize each end on a firm box, step, or book creating a slightly elevated experience

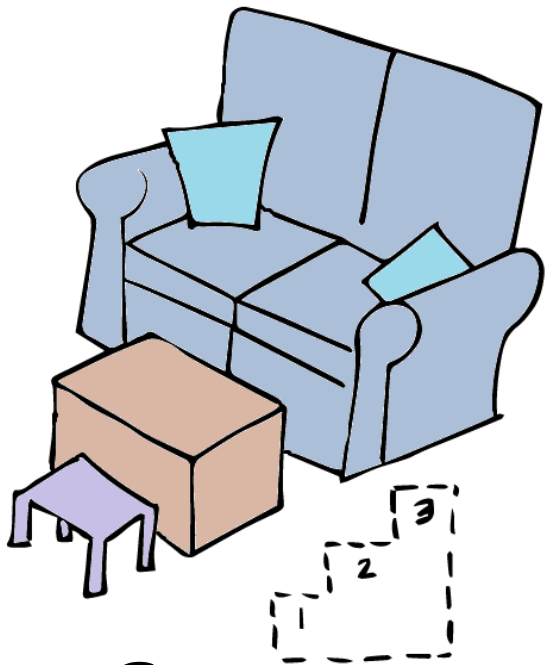
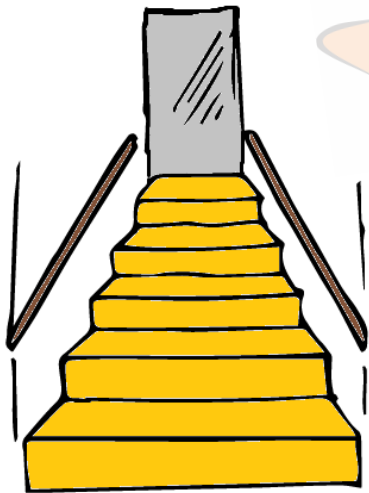
## **How to change the difficulty:**

### **Easier**

- Wider surface/line
- Break it up into small components (i.e. take 3 steps and pause to get a high five or pick something up and then resume)
- Cross it sideways
- Give some assistance
- Arms out like airplane wings for balance

### **Harder**

- Narrow or gradually narrow
- Increase the length
- Cross it with one foot in front of the other
- Touch heels to toes as you cross it or go backwards
- Keep your hands on your hips or head



**Stairs**

# Stairs

## Equipment/materials:

To include stairs in your obstacle course, you can use:

- Actual stairs (that was easy!)
- Step stools, boxes, furniture with varying height

## Instructions:

- If you do not have access to stairs, you can create a stair simulation by lining step stools, boxes, and or other pieces of furniture in series with progressively greater height
- Be sure to stabilize what is used when needed and stay along side for safety

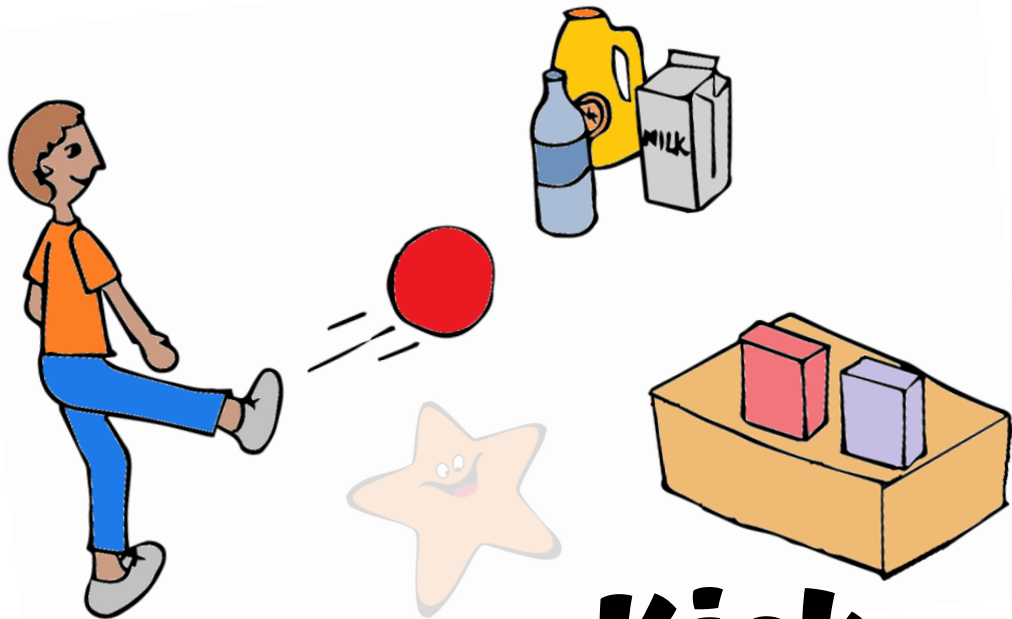
## How to change the difficulty:

### Easier

- Use railing or give hand held support
- Two feet per step
- Smaller difference in step heights

### Harder

- No railing or support
- One foot per step
- Greater difference in step heights



**Kick**

# Kick

## Equipment/materials:

To set up challenges to balance/stabilize on one foot, you can use:

- Ball
- Stuffed animals
- Plastic bottles/recyclables
- Play blocks/bricks

## Instructions:

- Kick a ball back and forth
- Set up plastic bottles or other recyclables similar to bowling pins, kick the ball to knock them over or kick them over directly
- Place stuffed animals or play blocks/bricks to be kicked over

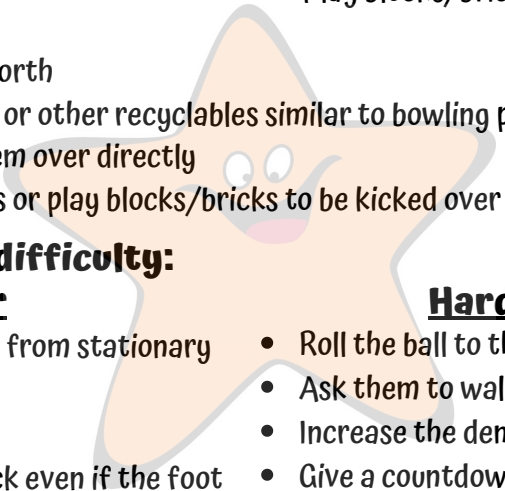
## How to change the difficulty:

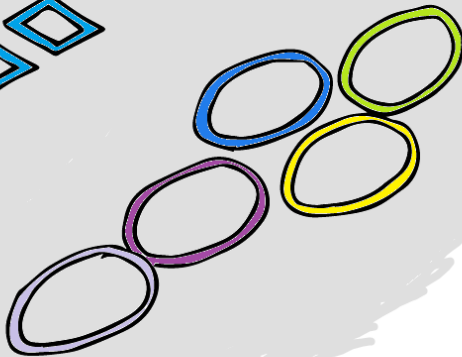
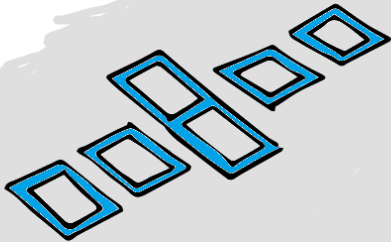
### Easier

- Kick a stationary ball from stationary position
- Short distance
- Allow any form of kick even if the foot doesn't fully come off the ground
- Keep items to be knocked over low to the ground

### Harder

- Roll the ball to them to kick
- Ask them to walk or run up to kick the ball
- Increase the demand of accuracy/distance
- Give a countdown to kick so they hold their foot in the air for second or two before kicking
- Place items to be knocked over up on box or step stool to increase time on one foot





**Hop or Jump**

# Hop or Jump

## Equipment/materials:

To include jumping or hopping in your obstacle course you can use:

- Painter's tape
- Hula hoops
- Sidewalk chalk

## Instructions:

- Use the material you have to make a series of square or circle spaces
- You can arrange like a hopscotch or keep in a line

## How to change the difficulty:

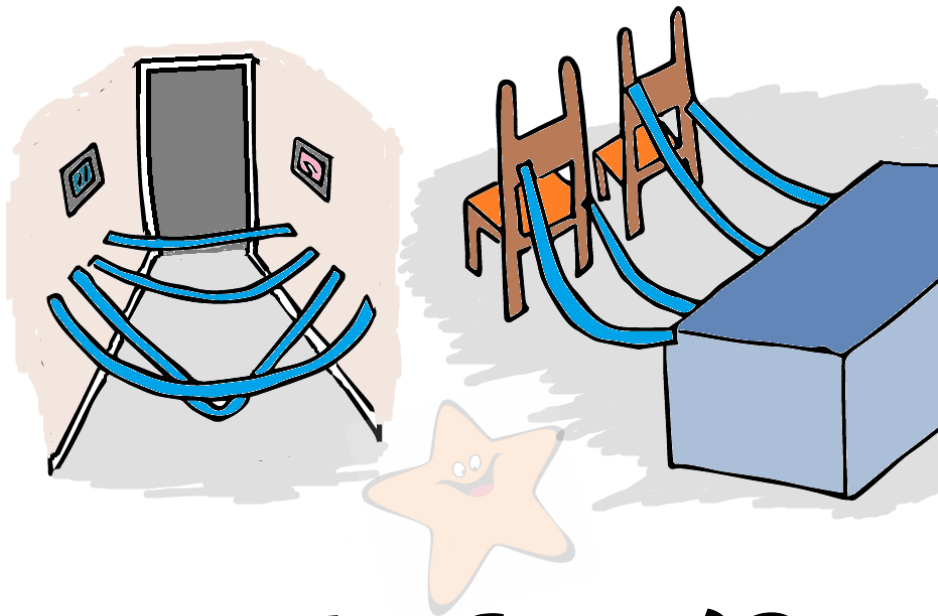
### Easier

- Give hand held support
- Two feet jump in each space
- Arrange spaces close together
- Big or wide spaces
- Pause and squat down to pick up an item in one of the spaces

### Harder

- No assistance
- Hop on one foot in each space
- Increase distance between spaces
- Small or narrow spaces
- Pause and balance on one foot to pick up an item





**Under/Over**

## **Equipment/materials:**

To incorporate being a spy into your obstacle course you can use:

- A hallway
- Chairs or other pieces of furniture
- Painter's tape
- Ribbon or streamers

## **Instructions:**

- Anchor painter's tape, ribbon, or streamers to adjacent walls of a hallway or between pieces of furniture
- Work under or over to get to the other side - try not to touch or knock any down!

## **How to change the difficulty:**

### **Easier**

- More space between each
- Lower for going over and higher for going under
- Anchors at or near the same height

### **Harder**

- Less space between each
- Higher for going over and lower for going under
- Anchors differ in height

## **Under/Over**

