

DIY Indoor Obstacle Course (for under \$5)

Being outdoors is awesome, but sometimes it's just not an option. Here is one way to help children develop muscles and coordination, and of course burn off extra energy.

You will need. *Grab these items you can find around the house.*

- Colored tape (painters tape is great)
- String
- 3 – 5 plastic cups or bowls
- A stool or similarly short object
- 2 pieces of paper

Build some fun. *Check out the pictures below for inspiration.*

- Find a safe spot in your home and a small hall that you don't mind being blocked.
- About 10 feet away from the hall use your painters tape to make a 'start' on the floor.
- Now use your tape to make a square, and some different lines.
- At the end of your lines, place your cups in a row about 2-feet apart.
- Add your stool to the end of the row of cups.
- Now grab your string and head to the hall. Run the string back and forth between the walls at different heights and distances to make a 'laser web.' Use your tape to hold it to the wall.
- Take your paper and make one piece into a paper airplane. Set the airplane at the end of the 'laser web.' Hang the second piece of paper on a wall, or set it on the floor as a target.

Run the course. *On you marks, get set, go!*

1. Jump with two feet into the square. Jump out of the box to the left, and back into the box. Jump out of the box to the right, and back into the box. Now jump forward out of the box and back in, backwards out of the box and back in.
2. RUN down the lines without stepping off.
3. Wiggle and weave around the plastic cups.
4. Jump over the stool.
5. Carefully climb through the laser web without touching the strings.
6. Grab your plane and toss it until it lands on its target.

For more fun. Think of a story to go along with your obstacle course – maybe you need to climb in your boat, cross a river, go through the woods, and hop on a plane to get to school on time!

Tell us your tricks. Share your energy-busting ideas with us on Facebook @MontanaImaginarium.

