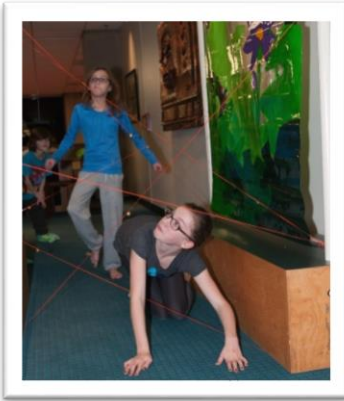


Amazingly low cost obstacle course!

One of the most popular special activities we have in the library is our homegrown Obstacle Course. We turn our storyroom into a course, with kids following a path back and forth throughout the room to the end. Try it at your library: it's easy to create an inexpensive way to get children to exercise and use their bodies and their minds (and have fun!) Make a sign to attach to a bookend for each station; top it with a number so kids can tell the path to follow.

Here are some suggestions:



Sign: Can you make it through the jungle vines without alerting the venomous snakes? Good Luck!

Use lanyard lacing to zigzag across a corridor (or between a wall and a long table on its side.) Every few feet string on a jingle bell. This also makes a great secret agent escape route!

Sign: Cross the beam across the island stream.

Use either a balance beam or simply a board laid on the floor. Paper cut outs of crocodiles to

place on the sides add to the fun.

Sign: Jump like a frog up the steps to the window.

Sign: Use the tongs to pick up some feathers. Carry them across and drop in the bucket.

Tongs reinforce fine motor skills, feathers are fun (and slippery!)

Sign: Crabwalk across all the way to the red tape. (Walk like a spider...Crawl backwards...)

Sign: Use the broom to sweep the beach ball along the path and into the basket.

Turn a basket on its side, run some tape on the floor to mark the path.

Sign: Toss two lava balls into the volcano.

This is some work: we made the volcano out of a children's portable basketball hoop, covered with fleece. Lava balls were small tennis balls in the toe of bright red toddler tights.

Sign: Step on tip-toe through the leis.

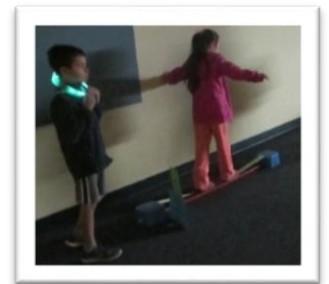
Leis are taped to the floor in a random pattern. OR Jump into and out of three hula hoops on the floor.

Sign: Toss at least one ring over the flower poles.

Make a ring toss with any creatures or tall items you have on hand!

Sign: Sit on the yoga mat. Take one pose.

Print out pictures of a few common "animal" yoga poses to place near the mat.



Sign: Crawl through the grass under the table.

Attach kid's grass skirts (or lengths of crêpe paper across the short ends of a long table. Lay a table cloth across the long ends to reach to the floor and make a tunnel.



Sign: Pick up and juggle scarves while singing Happy Birthday to You. Drop back in red bushel.

Sign: Beach Ball Basketball. Can you make a basket? Make sure the ball ends in the basket underneath.

Use a portable basketball net with a Dollar Tree basket underneath. No net? Have them toss their ball into a tall wicker basket.

Sign: Follow the stepping stones. You've made it!

Stepping stones can be fancy Gonge Riverstones (\$54 Amazon), or as simple as pieces of bumpy shelf liner from the Dollar Store. (Better to be nonskid.)

Sign: Pick up a Duplo block of each color, carry to end of the step and put in the right color baskets.

Primary colors, baskets each had a sheet on colored construction paper in the bottom.

Sign: Catch two fish from the pond, put into the bucket.

We used Janod Fishy fishing game (\$10 Amazon) but could make magnetic set cheaply.

Sign: Use the noodle to knock a beach ball down the ramp.

Ramp was a wedge from a climbing toy, but could be adapted cardboard box. Dollar Store swimming noodle.

Sign: Lie down on the beach towel. Swim three strokes.

Sign: Step off the risers and do five jumping jacks.



Sign: Take three footprint sheets. Place one sheet under your foot for each step along the path. Leave sheets at the end.

Use foam sheets (to make non-slip) with image of choice.

Sign: Try to throw bean bags into the three silver pails.

Sign: Collect your bean bags, put them on your head and walk the length of the top riser. Drop them into bucket at the end.

Sign: Somersault or roll over the mat.