

Here are some ideas to get started:

1. Lay out large books, pillows or cardboard squares as stepping stones. Ask your child to step from one to another without touching the floor. Pretend you are crossing a river and don't want to get wet.
2. Create a tunnel with blankets and furniture. Highchairs are perfect for this.
3. Lay out a blanket, ask your child to sit on it, and drag them from one end of the obstacle course to the other on a blanket train.
4. Set out some blocks and get your child to build a tower using however many blocks they are currently able to stack, before moving on to the next station.
5. Create an obstacle to climb over, for example a large pile of cushions.
6. Include an egg and spoon race, using a small ball that has to be carried in a large spoon.
7. Make a circle or square on the floor using tape, then jump in and out a set number of times.
8. Walk along a low beam, or rope laid on the floor.
9. Throw balls or beanbags into a broad basket or box.
10. Put a selection of toy animals in a basket and have your child pick one and pretend to be that animal.

Obstacle courses are great for practicing early language skills. Narrate what your child does in [simple sentences](#). This is a very natural way to teach verbs (action words like *jump*, *run*, *crawl*, *climb* and *throw*) and prepositions (location words like *in*, *out*, *under*, *over* and *through*).