

Cumbria County Council

## What can I do today?



This week it is....obstacle courses

### Monday

#### Cushion Stepping Stones obstacle course

- Lay cushions and pillows on the floor.
- You can place them all around the house.
- Depending on the age of your child they can play stepping stones on the cushions trying not to fall off.
- You can play follow my leader, taking it in turns to be leader.
- You could play sharks in the water. You are all on the floor and when you shout “sharks in the water” you jump onto the cushions. Take away a cushion each time until you are all jumping for the same cushion. It doesn't have to be sharks...you decide.