

Cumbria County Council

## What can I do today?



This week it is....obstacle courses

### Thursday

#### Boxes obstacle course

- Use big boxes to make an obstacle course for your child.
- Babies, toddlers and children love to crawl through boxes. They could also go over, under and behind.
- For younger children decorate the boxes with scarves. You could drape them over the ends for your baby to crawl through. Older children could decorate the boxes themselves such as making them into bridges or tunnels.
- Use words such as over, under, behind, through and around as your child is moving.
- You could sing nursery rhymes such as: "Round the Mulberry Bush", "Jack in a box", "Round and Round the Garden" and "Jack and Jill went up the hill." Search Words for Life rhymes for more ideas.