

Cumbria County Council

What can I do today?



This week it is....obstacle courses

Sunday

Blind fold obstacle course

- Here are a few ways you can try to complete an obstacle course blindfolded! You could use a scarf or a mask for the blindfold. You and your child can take turns!
- Make an obstacle course using the ideas from this week and see if your child can complete them on their own with a blindfold on. They may need some help from you.
- You could help your child through the obstacle course by guiding them by the hand or shoulders.
- You could give your child instructions such as “Now lift up your right leg”, “Now go to the left, now go forward.” Giving these instructions can be used to introduce new ideas, such as right and left in a fun way.