

CHILDREN'S HOME SOCIETY OF CALIFORNIA

Family Child Care Home Education Network (FCCHEN) Parent and Provider Resource: Activities for Distance Learning

Growing and Learning through Play

The following activity will support your child's learning while they are at home. Talk to your child and ask questions as you play. As your child listens to you, your child builds language and social skills, further reinforcing the concepts you are teaching. Match activities to your child's favorite books, songs, or toys to make them more meaningful learning experiences. Visit our website at www.chs-ca.org and click on the *News and Events* tab for more learning resources.

PRESCHOOL - Activity: Obstacle Course

What you need:

- Sidewalk chalk
- Painter's tape
- Large cardboard boxes
- Plastic buckets
- Dice
- Step stool
- Blanket
- Ball

What to do:

- This activity works best outside, but it can be done inside too. An obstacle course is a series of physical activities children do in a specific order
- Choose an open area where children can move. If you are outside you can use sidewalk chalk to make a hopscotch grid and draw a line for children to walk on. If you are inside, use painter's tape
- Once you have a hopscotch and line to use as a balance beam, you can add other materials. You can make the obstacle course as long or as short as your space allows
- Use a cardboard box to create a tunnel for children to crawl through
- Place a plastic bucket upside down with dice on top. Children roll the dice, count the dots, and walk around the bucket that many times (E.g. If they roll a five, they walk around the bucket five times)
- Use a small step stool for children to balance as they step up and down
- Roll a blanket into a tube shape that children have to jump over, or walk on like a balance beam
- Include a ball that children have to throw or kick into another cardboard box
- Walk through the obstacle course once with children and model each activity so they can see what they need to do
- Leave the obstacle course up for a couple of days, and then change it, or add an additional challenge such as having to place one hand behind their back
- Ask children to describe what is the easiest and the hardest thing to do, and invite them to make suggestions for improving the obstacle course

What the activity does:

- Practices motor skills
- Builds coordination and spatial awareness (how people and objects move in an environment or space)
- Supports language development
- Encourages critical thinking



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