

Set up an Indoor Obstacle Course

Have your kids find everyday items around the home, such as pillows, blankets, furniture, tape, string, baskets, etc., and then set up an indoor obstacle course!

This activity engages their creativity, can promote physical activity and develops fundamental movement skills such as balance, coordination, throwing and jumping. If you need some more inspiration, check out this [Youtube video](#) that features some really creative options with materials around the home.

