

“In the Wild”

Module 2, Animal Obstacle Course



Prompt:

Think about how different animals move. How many ways can you come up with? How do rabbits move differently than skunks or kangaroos?

Create an obstacle course in your home (or outside). Use animal movements to go through the obstacle course. Can you slither like a snake? Or hop like a frog? Stomp like an elephant?

Materials:

Anything from your home that you can use to make an obstacle course. Try to find things that children can move their bodies over, around, under, and through. Some suggestions include:

- Painters or masking tape
- Pillows or couch cushions
- Stuffed animals
- Cardboard boxes
- Hula hoops
- Sidewalk chalk (outdoor option)

Instructions:

1. Read the prompt with your child. Help them brainstorm lots of different ways that animals move. Try to think of as many different ways as you can. (If you need some hints, look at the Animal Movements Chart at the bottom of this activity sheet.)
2. Find a space in your home or outside where your child can create their obstacle course. Set some safety guidelines for the space (for example, what is safe to climb on and what isn't, what kind of movements are allowed in the space, what materials they can use).
3. Challenge your child to create their obstacle course on their own. Some ideas to get them started include:
 - Balancing on a line of tape
 - Crawling through a cardboard box
 - Jumping into a hula hoop

- Skipping around a couch cushion
- 4. Then, encourage them to go through the course, adding in some different animal movements. For example: Hop like a frog from the couch to the hula hoop. Stomp like an elephant around the pillow. Slither like a snake through the cardboard box.
- 5. If you need help thinking of animal movements, the last page of this activity sheet has some ideas for you.

Resources:

This video from Boston Children's Museum's YouTube page gives a great explanation, for parents and kids, of how to create a physical challenge using just a roll of tape: [Healthy Habits: Line Walk](#). Children can add line walks to their course, or make an obstacle course entirely out of tape.

Extensions:

If your child needs more challenges to go along with this activity:

- Suggest they try to go through the whole course being just one animal.
- Print out the animal actions on the last page. Fill in the blank cards with your own movements. Cut out each box and lay them face down on the floor. Have your child pick one, and use the movement on it to go through their obstacle course.
- Take the course apart and make a new one!

Together with your child, go to the "In the Wild" topic on Flipgrid and share their obstacle course. Add a video of their favorite animal movements.

