

FUN FRIDAY



# OBSTACLE COURSE

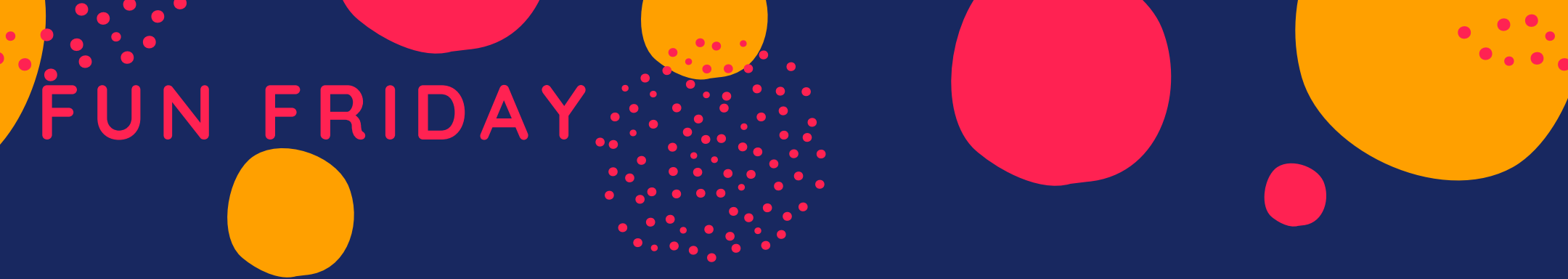


Bring your energy  
and problem  
solving skills to  
build and conquer!



Barton Lab

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# PREPARE THE COURSE

Find large objects around your house to make into an indoor or outdoor obstacle course

Have your kiddos help plan the course and set out materials!



Ex: couch cushions, pillows, blankets, boxes

**Don't forget to set behavior expectations!**



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# PLAN OF ACTION

## Step 1: Predictions

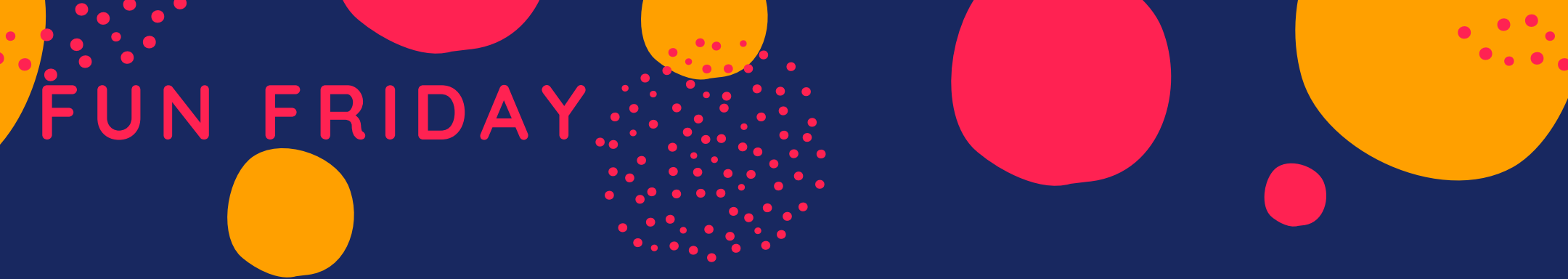
How fast will you make it through?  
What parts will be hard? Easy? Will  
you get stuck?



## Step 2: Plan

Where is the start? The finish? Can  
you touch the floor? Do you need  
anything special to help make it  
through?





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# READY, SET, GO!

Use problem solving skills when the course gets tricky!



Pause



Take 3 deep breaths

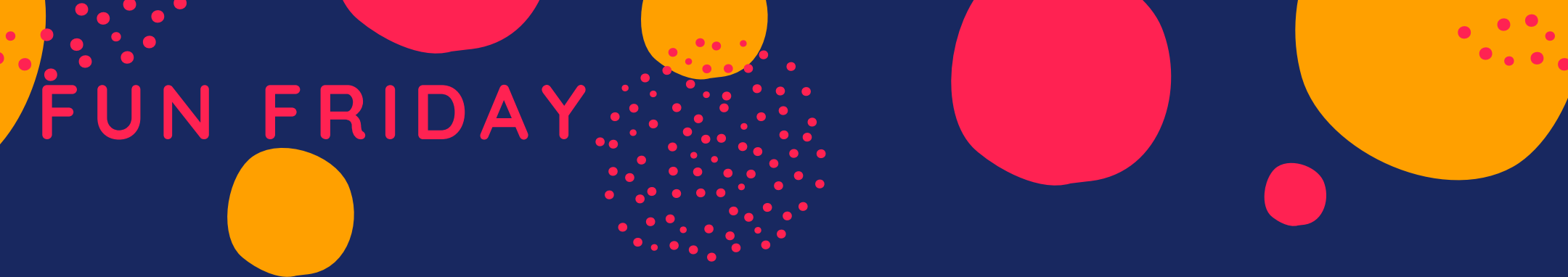


Think of a solution

Give it a try!



Give a "hint" by providing two solution choices to your child!



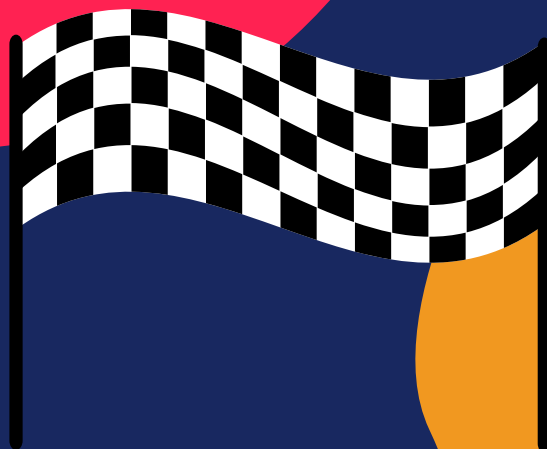
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SHARE WITH US!

How did you do this activity?

Did your predictions come true?

What problems did you solve?



#BartonLabShares