



NATURE PLAY RECIPE CARD

Obstacle Course

INGREDIENTS:

- Logs, long sticks
- Leaves, rope, stones
- Man-made found objects as well e.g. old tyres



METHOD:

- Scope out the area that you want to make an obstacle course in.
- Gather your materials to make the obstacles
- Use a combination of the environment around you and the objects you bring in to build your course.
- Test out your course to make sure it can be negotiated by others.
- You can add extra fun to your course by hiding an object at the end to be found.
- You can even try to add some sound parts to make it sensory..
- If it is too easy try it blindfolded



SAFETY AND CARE:

- If you are doing it blindfolded make sure you have a seeing eye partner to help you negotiate the course.
- Make sure the parts you use to make the course are not going to be sharp or will injure anybody.
- Make sure that the area you choose to make the course is not going to harm any nature or animal homes.

Did you know?

You can even do an indoor obstacle course if you have the space.

CHILDREN
IN NATURE
NSW

