 Hi everyone. Thank you for your patience as we navigate this new normal. Although I am not permitted to provide specially designed instruction at this time, I will touch base with you all weekly via email and updates to my staff websites with one activity suggestion for you do with your child at home. Each of these activities can be modified to fit your child abilities and target motor goals. I realize that every family has different equipment available in the home, but feel free to substitute other items that you have available or choose another activity that fits your family’s interests.

**Home Obstacle Course:** As you design your obstacle course, keep in mind the ages, abilities, and number of children involved as well as the space you have. You can really get creative when designing station concepts and layouts. If you have stairs, consider carefully incorporating them. You can also look around your house for everyday items you might be able to use like hoola hoops, jump rope, etc. Make the obstacle course simple at first and change the stations as they're mastered. If you like, time the kids to see who can complete the course fastest. Just beware, it can quickly turn competitive.

Here are a few ideas to get you started on building an indoor obstacle course for your kids:

1. animal walks across the floor (bear walks, crab walks, flamingo hops, frog jumps)

2. Crawl under or jump over a string stretched between two chair legs.

3. Jump into and out of a Hula-Hoop

4. hopping or jumping in place or over a line on the floor

5. core exercise station (sit-ups, hold a plank, supermans, push ups)

6. Step up and jump down from step stools

7. dribble a ball 10 times

Please reach out to me if you have problems accessing the attachment or have questions. I hope you are all safe and healthy and enjoying your family time.

Audrey Sharma, PT

asharma@everettsd.org