



CRAWLER OBSTACLE COURSE

Materials you need:

- Large reading corner cushions, smaller sofa cushions, pillows, soft toys – anything that will work as a soft obstacle to a crawler.
- A few favourite toys or props that will interest the crawlers.
- Large cardboard boxes open at each end if you have them.
- Large floor space.

Setup for play:

- Lay the different sized cushions and other soft obstacles around the floor space with a few of the favourite toys propped up in view behind them.
- If you have boxes you can also place them between the cushions to act as crawler tunnels.
- Place a toy or tool inside to attract their attention and invite them to investigate.
- Encourage them to crawl over the cushions to find the toys.
- Use smaller, firmer cushions first if they are having difficulty with the larger ones.
- Place rolling babies near the cushions with toys in reach so they can try to grasp and explore and feel included.

What are they learning with this activity?

As the children crawl over the obstacles they are learning to:

- Listen to and follow directions
- Use hand/eye coordination skills and demonstrate spatial awareness
- Strengthen fine motor muscles and control
- Coordinate and strengthen their large muscles as they crawl up, down and over.
- Understand basic position concepts
- Become aware of their body and how it moves.
- Strengthen balance, locomotion and coordination skills

Extending the play:

- Line up a sensory climbing path with one cushion then a taped square of bubble wrap then cushions again then bubble wrap etc.
- Place a long mirror on the ground and add a few natural items like grass, twigs, leaves, bark along in little piles for crawlers to explore.

