

## Press Play - Games at Home - Preschool

Day 2

### Follow Me Obstacle Course

*Made to Move: An activity that uses a preschooler's natural desire to move to help them learn*

**What You Need:** cones, chairs, hula hoops, throw pillows or hand towels, a table or tunnel, or similar items to set up an obstacle

### What You Do:

*Before the Activity:*

- Use items you've selected to create an obstacle course.
- We suggest setting up four "obstacles" for your kids to navigate.

Ideas:

- Line up three cones or chairs for children weave around.
- Lay 3 or 4 hula hoops, paper plates with center cut out, or colored construction paper on the floor for kids to hop in and out of.
- Lay pillows or towels on the floor for children to jump over.
- Place a table, tunnel, or empty box at the end for children to crawl under/through.

*Optional: Set up outside with sidewalk chalk and toys or even incorporate playground equipment.*

*During the Activity:*

- Demonstrate each obstacle first for your child.

### What You Say:

*Before the Activity:*

"Do you see all these crazy obstacles? I'll show you how to go through each one, follow me!" (Give specific directives as you demonstrate like: "First you weave in and out of the chairs like this. Then you hop, hop, hop through the hula hoops.")

*After the Activity:*

"That was SO fun! You did a great job following me through the course! Did you know that Jesus wants us to follow Him? It's true! Jesus wants to be our friend forever. He loves you so much. **Who loves you? [Bottom Line] Jesus loves me!**"