

Obstacle Course:

## Water Works

1. Sponge Up. Take a Dry erase marker and draw up a storm. Then a wet sponge to wipe it off.
2. Transfer Water. With 2 bowls in front of you (1 with some water in it), use a sponge to transfer the water from 1 bowl to another.
3. Sponge Toss. Throw sponges into target large bowls or buckets.
4. Shaving Cream Bonanza. Use shaving cream on tables, chairs, and mats and have kids hose them clean or use sponges.
5. Sponge or Bubble Wrap Painting.
6. Donkey Kick with a sore leg. (one leg is extended outward while hopping foot into the air.
7. Monkey Jumps. While both hands are on the floor, jump feet to the side over a line.
8. Roll Paper into scrolls. You can also wrap paper or pipe cleaners around a pencil.
9. Stack up foam blocks and then hose them down.
10. Fill up kid pool with large exercise balls and have kids do a Superman jump on to them. (guide their body with a towel and assistant if body extension is difficult)
11. Draw yourself with dry erase markers on a mirror.
12. Sponge Jump. Place a large damp sponge on carpet square for child to jump on to. (Avoid using slippery floors for this)