

Obstacle Course Success

A sensory obstacle course can be put in many different settings, however, if established rules are put in place increased activity accuracy and course completion can result. Other benefits to mention, are the decrease in confusion and wasted energy for staff while increasing everyone's safety.

Obstacle Course Room Start Up Routine:

- 1. When you enter the room immediately have everyone sit at a designated area near entry.**
- 2. Insist children listen to brief instruction (gauge it to children's ability).**
- 3. Tell children that as soon as you provide a designated signal they will be able to participate in the course. (signals may be: "High 5's", whistle sound, hum a tune, put on a silly hat, or smell perfume)**
- 4. Give brief clear instructions.**
- 5. Include "Beware" rules. (Such as: "Please do not pick up my arrows!" or "Remember not to throw any pencils!")**
- 6. Be expressive.**
- 7. Rewards of "free time" at the end can be a helpful motivator.**