

# Obstacle Course Parade

**F**or this activity you will need music, instruments, and “obstacles.” For music, you can sing, or play the radio or a CD. You can make your own instruments or just clap your hands or bang two pot lids together. You will need to make some “obstacles.” Obstacles can be chairs, pillows, a line of tape on the floor, play equipment – anything safe for your toddler to march around, climb on or jump over. Find something to wear for hats, maybe a real hat, or something silly like a plastic bowl. March around to the music, leading your child or children in a line behind you. Go around the chairs, jump over the pillow or tape line, clapping and doing a fun marching dance. Let your child take a turn being the leader, too.

*All the marching, clapping, and climbing in this fun game helps your child's body grow strong.*

