

Cumbria County Council

*Early Years Team*

**What can I do  
today?**



**This week it is... Wool**

## **Monday**

### **‘Laser’ obstacle course**

- Your obstacle course can be done indoors or outdoors.
- Arrange several large objects around the garden or room.
- Get some wool and tie the end to one of the objects.
- Start to weave the wool in and out of all the objects to create your laser obstacle course.
- Make sure that you don't put the wool too high, so that your child is able to step over safely.
- Encourage your child to step over the wool and go under the wool as they manoeuvre around the laser course.
- To make it more challenging why not add a few little bells to the wool and see if they can go around the course without making the bells ring.
- Why not play "mission impossible" music while trying to navigate around the course.

**SUPERVISE CHILDREN AT ALL TIMES DURING THIS ACTIVITY**