



Build Your Own “Ropes Course”

This activity takes our DIY Obstacle Course to the next level! All you need is a safe space to play either inside or outside and some household items to build your course. We recommend adult support and supervision for this activity.

Materials Needed

- Items you can find around the yard or house: couch cushions, tables, chairs, yard toys,
- Guiding Line: rope, string, fishing line, yarn, etc.
- Blindfold: bandanna, long sock, scarf, sleep mask, etc.
- Optional: a reward to celebrate completing the course!

Building Your Course

- First, create boundaries for your obstacle course so you know what areas are off limits (work with your adult to decide what the boundaries are).
- Once you have outlined your safe space, use items such as couch cushions, tables, and blankets to create obstacles to move over, around, or under (check with your adult to make sure you know which items are ok to use).
- Once your obstacle course is complete, you will need a “Guiding Line.” This could be rope, string, fishing line, etc.
- Run the Guiding Line through the course, securing it to vital checkpoints.
- Test your course! Use the Guiding Line to guide you through the course. If some elements are a little tricky, make adjustments as needed.
- Depending on your age and comfort level, you can try the course a few times and then add a blindfold to make it a little more challenging!
- Take it up another notch by creating distractions or activities at checkpoints along the way, like stacking cups to create a pyramid, while keeping your blindfold on.
- At the end you can celebrate with a treat or a victory song!

Safety is super important! Be sure to build your course with this in mind. Always ask an adult to approve of your course before testing it. If you're not sure if something is safe, don't include it.

