

CURIOSITY AT HOME

DON'T LET THIS GET IN YOUR WAY



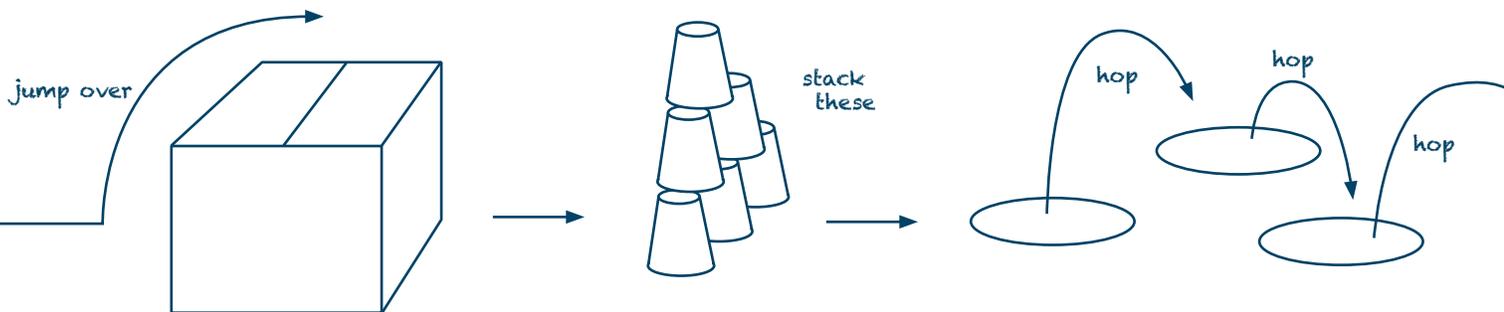
An obstacle course is a challenge in which you have to get from one point to another, while going over, under, around, or through a series of blocks meant to slow you down and challenge you. Make an obstacle course of your own, and then see how fast you can complete it!

MATERIALS

- A variety of objects to help build a course (good options are cushions, boxes and string)
- A stopwatch or timer

INSTRUCTIONS

- First pick where you want your obstacle course. In your home? In a driveway or closed off road? In a park?
- Then, plan your course for the location. Think about what will make your course hard to build. Do you have a small home and need to make a course in limited space? Is your space on concrete, where you might scrape your hands or knees if you need to crawl? Is it in a space you need to walk to and carry all your supplies?
- Once you have thought about all the things you need to consider for your space, think about how you can solve the problems that came up. How can you make a complicated course take up very little space? How can you use as few items as possible?
- When you have all your ideas, draw your plan for your course.
- After you draw your plan, it's now time to build it! If your location is outside your home, ask a trusted adult to help you.
- Once you have built your course, it's time to test it. Start your timer and go through your challenges as fast as you can, then stop your timer. Do you think you can do it faster? Time yourself again! If there is someone else who can test your obstacle course, time them to see how quickly they can do it.



Experiment continued on next page...



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EXPLORE MORE

There are lots of different kinds of obstacle courses. Here are some ideas if you need a creativity boost! How many can you do?

- Use tape, string, or sidewalk chalk (outside only!) to mark your course. Different colors or symbols can represent different actions you have to do (for example, swirl shapes mean you have to spin in circles as you move to the next instruction). You can make shapes that your feet have to step on as you run through your course, or make a line that you have to walk along.
- Part of your course can include a challenge to carry something in a weird way, like with a balloon or a ball between your knees, or a marble in a spoon that you have to hold in your hand.
- A part of your course might be solving a puzzle before you can move onto the next stage.
- If you have access to a playground, plan a route from one side to the other that you have to follow, using as many parts as you can. For an extra challenge, try to get from one side to the other without touching the ground!
- Line up stuffed animals or animal toys and jump over them one after another. Each time you jump over an animal, make the sound that animal makes!
- Make a spy obstacle course by stringing red (or any color) string, yarn, or masking/ painters tape around a room or hallway. Then, like a spy avoiding lasers, weave your way through the string. Touch any and the alarm goes off, and you have to start over!
- The floor is lava! Build a way to get from one area of your home to another without touching the floor.



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