

Observation Obstacle Course

For this activator, grab a buddy or two! Use the things around you (furniture, toys, sports equipment, pillows, etc.) to make a simple obstacle course. Have one person maneuver through the course while wearing a blindfold or while closing their eyes. The other players must guide them through the course by telling them how to move around the objects. For example: "Take three big steps forward, then jump to the left. Careful, there is a wall on your right side!" This obstacle course challenge helps us stay focused on the present moment by having us listen carefully and trust our guidance system.