

## MINDFUL OBSTACLE COURSE

Create a unique mindful obstacle course in an open indoor or outdoor space in your home. This experience teaches children to move through each part of the obstacle course with increased focus, moving slowly and bringing awareness to their breath!



## MATERIALS

- Cut out yoga pose cards (on the page that follows this activity)

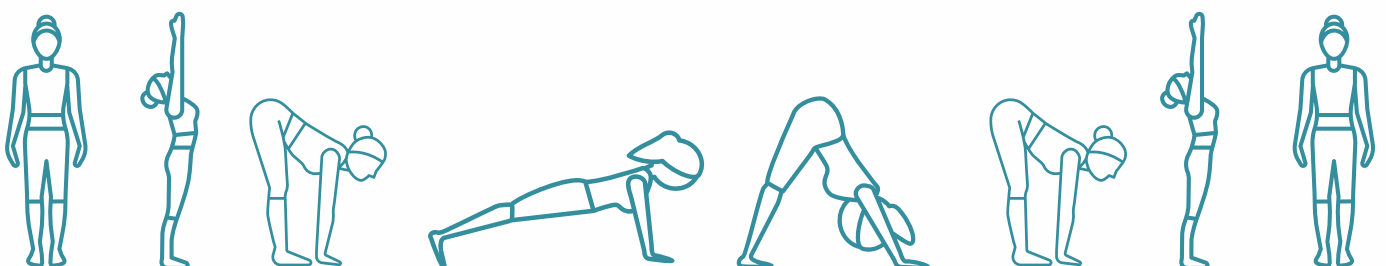
## HOW TO PLAY

- Start by collecting all your materials, choose an open space to set up the obstacle course and set up your obstacle course. After you have set it up, do a run through of all the mindful stations with your child before the game begins

## MINDFUL STATIONS

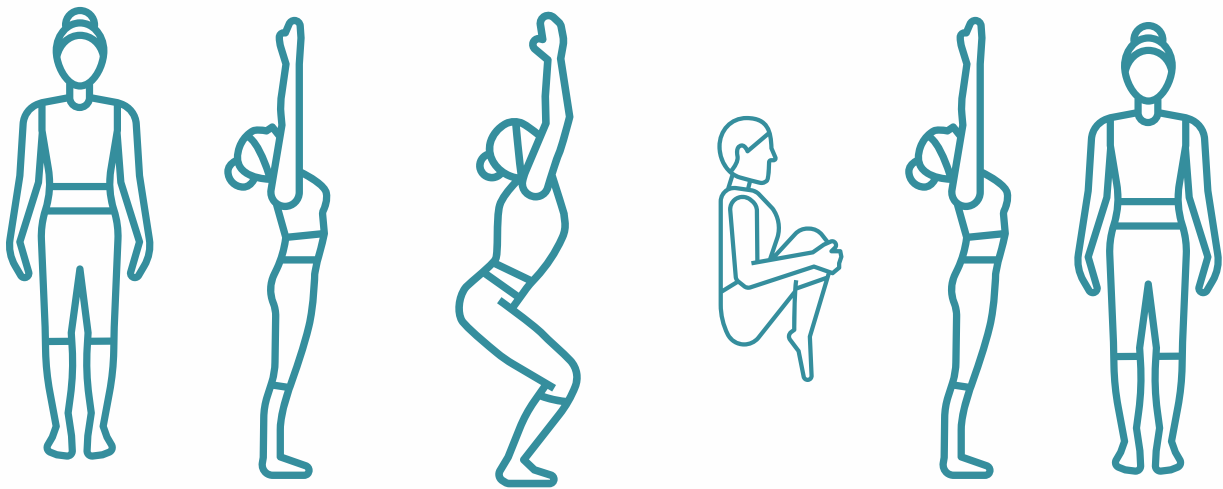
- **Close your eyes and walk ten steps in a straight line (toe to toe).** This is a good opportunity for your children to practice patience and moving slowly to complete this station. We recommend blind folding your child to enhance the experience, you can use a scarf or sleeping mask! You can also place a ribbon on the floor to guide your child as they walk, this will enhance their sense of touch (if they are barefoot).
- **Take 3 Anchor Breaths.** Your child will take off their blind fold and place one hand on their heart and the other hand on their stomach. Invite them to take 3 deep breaths in through their nose and out through their mouth. After taking 3 anchor breaths, have them name 3 things they see around them.
- **Caterpillar Crawl Sequence.** Start by standing up in mountain pose. Raise your hands up to the sky and breathe in. Breathe out and touch your toes. Breathe in and reach your arms forward to come into plank pose, and breathe out. Breathe in and push your hips to the sky, coming into downward dog pose, breathe out. Now tip toe your feet, one at a time, forward, until your feet and hands meet. Breathe in and reach up to the sky, coming back into mountain pose. Repeat this 10 times.

### Caterpillar Crawl Sequence:



- **Tuck Jumps.** Start by standing up in mountain pose. Breathe in and reach your hands up to the sky. Breathe out and sit back into chair pose. Breathe in and jump up, tucking your knees into your chest and clapping your hands onto your knees. Breathe out and land in mountain pose. Repeat 10 times.

### Tuck Jump Sequence:



- **Volcano Breath.** End the obstacle course with Volcano Breath. Begin by standing in mountain pose with your feet slightly apart. Bring your hands to your heart with your palms pushing into each other. Breathe in slowly through your nose as you bring your hands up above your head. Pause for a second with your arms above your head. Breathe out through your nose as you separate your hands and lower them down towards the side of your body. Repeat this 3 times.

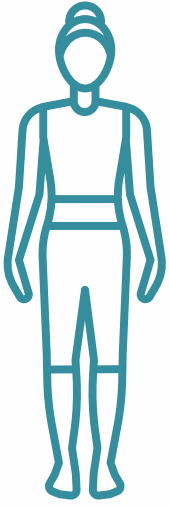
### MODIFICATIONS

**KINDERGARTEN:** Go through the obstacle course with your child and reduce the number of sets for each exercise to 3 or 4.

**YOUNGER:** Reduce the number of sets for each exercise to 5 or 6 and model the breathing exercises for your child.

**PRINT OUT THE YOGA POSE CARDS ON THE NEXT PAGE TO USE IN YOUR MINDFUL OBSTACLE COURSE!**

**MOUNTAIN POSE**



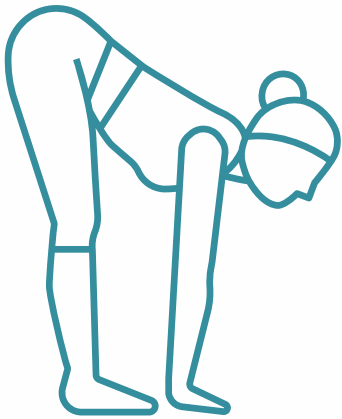
**EXTENDED  
MOUNTAIN POSE**



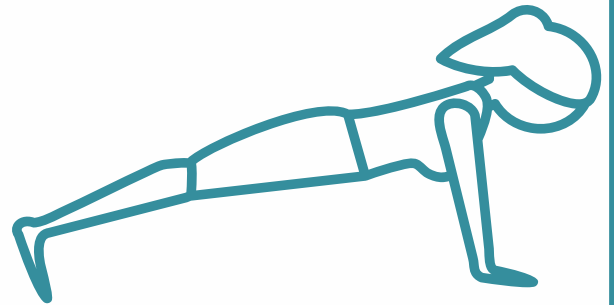
**CHAIR POSE**



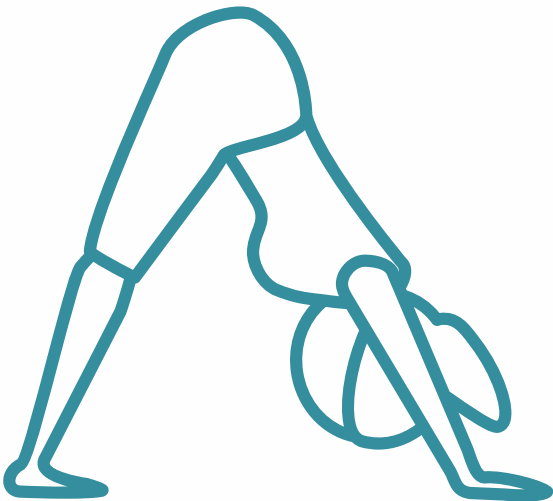
**FORWARD FOLD**



**PLANK**



**DOWNWARD DOG**



**TUCK JUMP**

