

Snowy Weather Obstacle Course

www.GoGetGrubby.com

Number of Players:

- One to several children split into equal teams along with a supervising adult. If played with one child, challenge them by encouraging child to complete the course with their best time possible.

** This can also be a fun way for the supervising adult to get in some good circuit training as well through this fun, outdoor cardio workout.*

Materials Needed:

- Water for refreshment
- Snow-friendly outdoor clothing
- Stop watch/clock (optional)

Rules:

1. Set up 3-4 activities that are separated into stations around the yard or park within adult's view.
For example:
 - Snow angel-making station (child must lie down in snow and make 1 or a series of good snow angels)
 - Snowball-making station (child must make a series of 1-3 solid snowballs)
 - Snow hurdles (before game begins, adult and child(ren) should make a snow hurdle that child can reasonably jump over).
 - Any other fun or endurance promoting activity!
2. Divide children into teams and outline the route that should be taken along the obstacle course. Identify the starting and finish line and demonstrate what needs to be accomplished at each station by having children watch adult complete the course first as a dry run.
3. Say, "Ready, set, GO!" and watch as the children have a ball exercising outdoors in the winter!

Go Get Grubby!