



Communication, Language, and Literacy Activity for 24 to 30 Months

Obstacle Course

This is a good activity to help children learn how to listen and follow one-step directions. It also gives them practice with gross-motor skills.

Materials:

- Objects readily available around the house.

What to do:

1. Use objects from around the house to construct an obstacle course.
2. Explain to the child he must listen to your direction and follow it correctly. Set up items on the floor to match these directions: "Stand on the paper. Step over the pillow. Crawl under the blanket. Sit inside the box."
3. Give the directions one at a time until the child understands what is required. Make a game of this activity by giving two directions at a time and challenging the child to carry them out as quickly as possible. To complete the journey through the obstacle course, the child must listen very carefully to each direction.

Variation:

- Switch roles and see whether the child can give you directions. Before each direction, say, "What should I do?"

