

## **Name of activity: Life-size Board Game**

**Purpose / Key words:** gross motor, motor planning

**Age range:** K- grade 2, grades 3-5

### **Materials:**

- Various household items to create an obstacle course
  - Items to use as 'game spaces' that the child can hop between  
i.e. washcloths, placemats, blankets, napkins, paper, socks...
    - About 10-15 of these small items
  - Items to use as 'obstacles' that the child can crawl over/under  
i.e. pillows, couch cushions, chairs, tables, blankets...
    - Use items already in the room, incorporate about 3-5
- 5 stuffed animals or dolls
- Painters / Masking tape (optional)
- Dice (1 die with numbers 1-6)
- 2 or more 'players' (the kids will love to compete against a parent! Or each other)

### **Instructions:**

Setting up your game board:

- Choose a room with a good amount of open spaces (living room, bedroom, playroom) and furniture that you can incorporate into the game
- Use the 10-15 small items you gathered to create game spaces; set them up around the room, creating a path to move through the 'game board'  
(think of setting up your own version of Candy Land!)
- Incorporate 3-5 obstacles throughout the game: crawl over the couch, an end table to crawl under, a pile of pillows to crawl over, a basket to hop over, etc.
  - You can be creative here as well: hop over the rocks! Crawl through the tunnel! Cross the bridge! etc.
- Next, place the stuffed animals around the board; some can be placed on a space, others can be placed before an obstacle. The animals represent 'challenges' the child will have to complete in order to continue through the game board
  - The 'challenges' will be gross motor activities  
i.e. 10 jumping jacks, run in place, hop on 1 foot 5 times, bear crawl to the door and back, etc.

Time to play!

*Each player rolls the dice, the player with the highest number will go first*

1. Roll the dice
  2. Hop that number of spaces
  3. If you come across an animal, you must complete their challenge in order to finish hopping your spaces, or to complete the obstacle in front of you
  4. Next player's turn!
- Continue to take turns rolling the dice until one or both player(s) reach the end!

**Activity Modification:**

- **To simplify**
  - For each 'animal challenge', add a visual that will help the child to better understand their challenge
- **To make more challenging**
  - Hop on 1 foot between each space
  - Add more 'challenges' throughout the game board
  - Challenge the child to set up their own game board and set the challenges  
→ executive functioning: planning and organizing a functional obstacle course that flows well, verbalizing the directions to another player(s)