

# Obstacle Course

If the weather is nice, go outside and get some exercise!

Set up an obstacle course for your children to crawl under, through, and over obstacles. After setting up the course together, use a timer and see how long it takes to navigate through the course.

- What happens to your body when you exercise?
- Are you sweating?
- Are your muscles getting tired?
- How do they feel?
- Is your heart beating quickly?
- Can you count the beats of your heart?

