

Crawling Obstacle Course

GROSS MOTOR | Ages 6-12 months | 18 minutes

About This Activity

Create a safe course with pillows and tunnels to encourage crawling and spatial awareness.

Materials Needed

- pillows
- cushions
- play tunnel
- boxes

Step-by-Step Instructions

Use couch cushions, pillows, play tunnels, and boxes to create a safe crawling course. Put a favorite toy at the end. Crawl through it yourself first to show baby! Encourage baby to navigate over, under, and through obstacles. Supervise closely. Rearrange for variety. 15-20 minutes.

Developmental Benefits

GROSS MOTOR, COGNITIVE, SPATIAL