

ARMCHAIR ADVENTURES

A podcast for kids!

Grab your friends and family and take part in the biggest obstacle course on earth at home, adventurers!

1. Island Hop!

First, in a large room or garden label three different areas island one, island two and island three.

From your start line, hop to island one...

1



When you get there, do ten star jumps, then hop to island two...

2



When you get there, touch your toes five times, then hop to island three...

3



When you get there, run fast on the spot for ten seconds!

Try racing your friends or family! Who's the quickest island hopper?

2. Lily pad leaps!



- In a large room or garden lay 5 or 6 cushions, mats or pieces of paper on the floor.
- Do your best leap frog jumps from one cushion to the next without falling off!



3. Messy mud crawl!

- In a large room or garden place 3 small objects (eg. a teddy or football) ten steps away from your start line.
- Imagine you're in a muddy tunnel and crawl your way to the objects, bringing one object back to the start line each time.



On your marks, get set, GO!

Can you draw your own obstacle course, adventurer?



Ask your grown ups to take a picture and share your drawing with us:

- facebook.com/armchairadventuresuk
- @armchairadventuresuk
- admin@madebymortals.org



GREATERSPORT

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