

# OBSTACLE COURSE

Language happens everywhere, not just at the speech therapy table. Create an obstacle course rich in language to get your kids/clients engaged and communicating. Check out the Tips to Engage, Expand, and Succeed section below for tips on creating a language rich obstacle course.

## CORE WORDS

Do	I
Finish	You
Get/got	My
Go	In
Help	Out
Like	Up
Push	Down
Stop	Over
Turn	Under

## MATERIALS

Pool Noodle	AAC Device
Pillow	You
Rope	Child
Hula Hoop	
Tape	

## Model It on the AAC Device

One Word:



Two Words:



Three (+) Words:



# Active with AAC

Reasons to Communicate	One Word	Two Words	Three (+) Words
Getting Wants/Needs Met (requesting objects/activities/ permission/attention, etc., directing action/to stop, request help)	Go Do Help Like Stop Turn Up	You go I do Push it Finish it Go up Help me Get up	You go up Help me up Help me go Go like this Do it like this You push it You turn around
Exchange Information (share and show objects, confirm/deny, request information, etc.)	Like Push Stop Go Finish Up Down Over Under Fun Get	Push it Go over Like this Do this Help me Get/got it Do it Get up Get down You under Under it	Whose turn is it? I did it I go under/over Go like this You get in/on Did you finish? Do you like it? I help you You got it in Push it under Push it in
Social Closeness/Etiquette (greet, take turns, comment, etc.)	I You My Like Go Do Turn Up Finish	I like Like this My turn You do I do (did) That fun That boring Did it It up	I finished it You did it It's my turn You went over That was fun It is under I stopped it I will help you I like this

## Tips to Engage, Expand, and Succeed:

- You can make an obstacle course indoors or outdoors. And you can use things you find around the house! Pillows, chairs/stools, hula hoops, pool noodles, string, tape etc. – all these items can be in an obstacle course. You can create climbing obstacles (using chairs or stools), balance “beams” (tape or string), and other specific obstacles using objects you have in your house (walk around a hula hoop, crawl through the hoop(s), jump from hoop to hoop, etc.).
  - If you need some more inspiration, check out these pins on Pinterest for more ideas:
    - <https://www.pinterest.com/pin/226939268709308715/>
    - <https://www.pinterest.com/pin/298082069085426686/>
- Trying to incorporate more language? At each obstacle you could stop and talk about what needs to be done for that obstacle. You could say things like: **go up, go under, jump over, throw it in, go up** on the balance beam and **walk on it**. ~OR~ Depending on your goals, you may have the child describe what they need to do.
- If you have other language goals to work on, put a picture/word on (or near the obstacle) and the child must make a phrase/sentence before completing the obstacle.
- This could be a great time to work on commenting. After the entire course, or each obstacle, ask “How was that?”. Some responses could be: **fun, easy, hard, scary, cool, exciting, boring**.

Using a low-tech communication board? Or need some choices to help you communicate during this activity?

The following strips can be used as choice boards or fringe vocabulary for the above activity. If you are using this as fringe vocabulary, you will need one of our low-tech flip books or a single page communication board. These boards are available on our website. Download the boards here: <https://saltlilo.com/chatcorner/content/29> You can add these a flip book. OR, you can Velcro these to the top/bottom of a single page low-tech core word board.
















Attached to a one-page communication board.



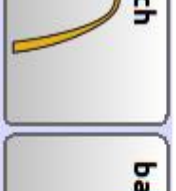



Added to the WP 42 Basic flip book.

You can add me with the WordPower 60 Basic Flip Book to the "Groups" tab.

 Fun		 climb		 crawl		 hang		 arch	 balance beam	 bars	 chair/ stool	 hoop
									 jump rope	 ladder/ stairs	 rope/ string	 tunnel

You can add me with the WordPower 42 Basic Flip Book to the "Groups" tab.

 climb	 crawl	 hang	 arch	 balance beam	 bars	 chair/ stool
 Fun		 hoop	 jump rope	 ladder/ steps	 rope/ string	 tunnel