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Buncombe County NC

Sensory Obstacle Course

This is a Great idea for:

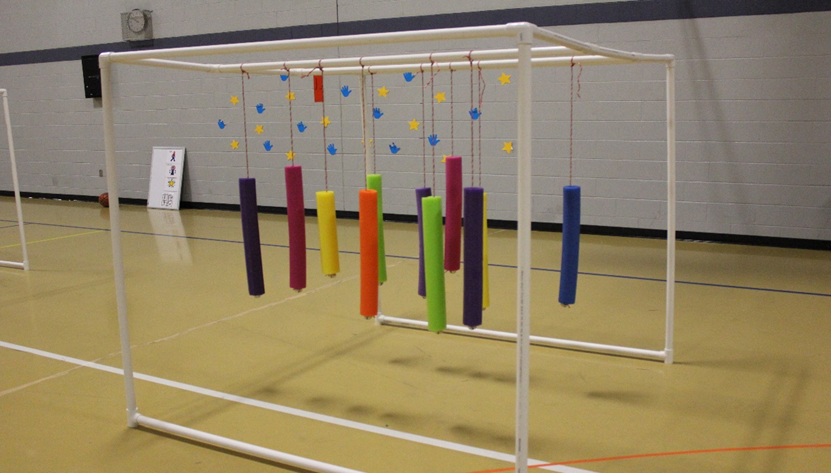
* Students using wheelchairs and/or mobility issues
* Students needing sensory stimulation
* Students who are easily distracted, this will get their attention!
* All students.

There are many different ways to set up an obstacle course which is also true of the sensory course. Be creative and use the equipment you have, apply a little elbow grease and be creative.

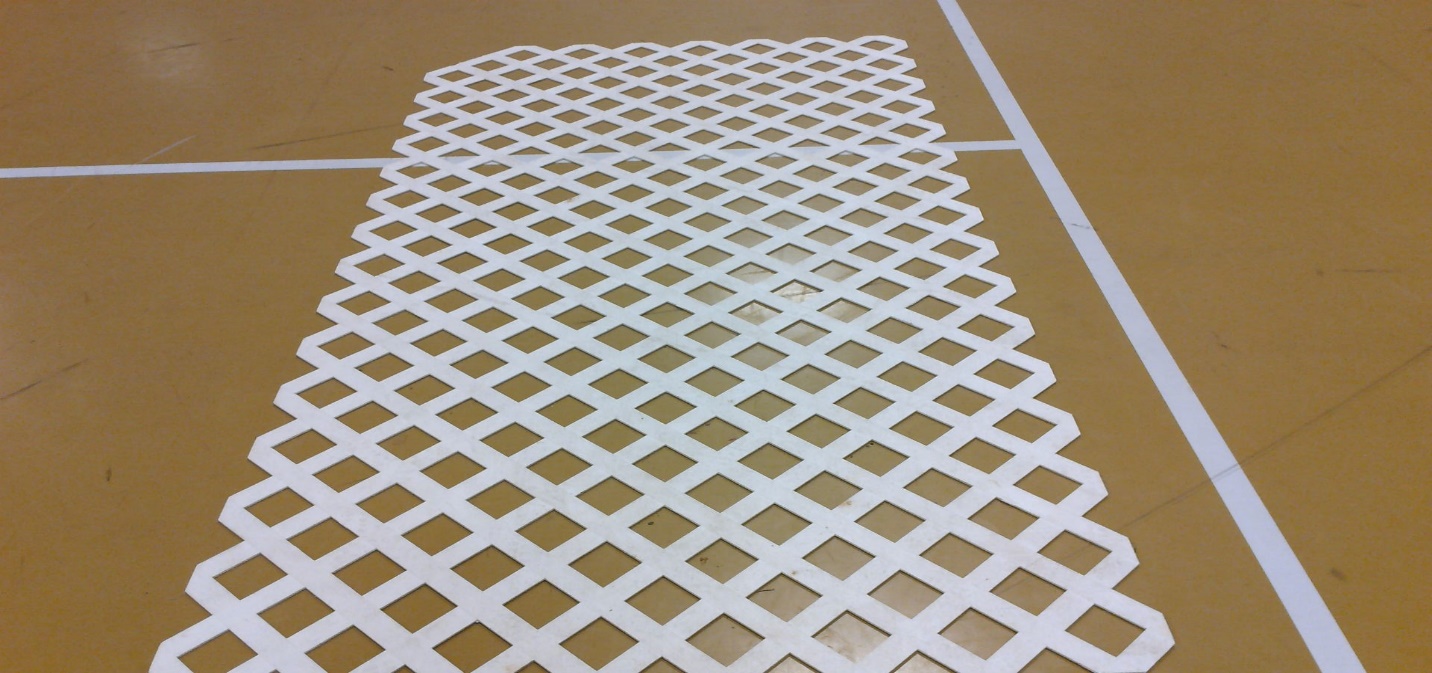
Here are a number of ideas that worked well for me, hope you and your students enjoy them as well.

1. PVC structure (dimensions ………) made from …. Diameter PVC pipe and corner pieces to suspend items from such as

* Swim noodles with a bell tied to the end of each noodle (see picture).
* Balloons with jingle bells inside.
* Beach balls.



1. A piece of lattice provides students who use wheelchairs that bouncing effect of riding over a rough road that many love. Other students can use scooters or it can be just a “different” type of surface to walk over. I also used an extra wheelchair to give all the students the experience, if they were interested.



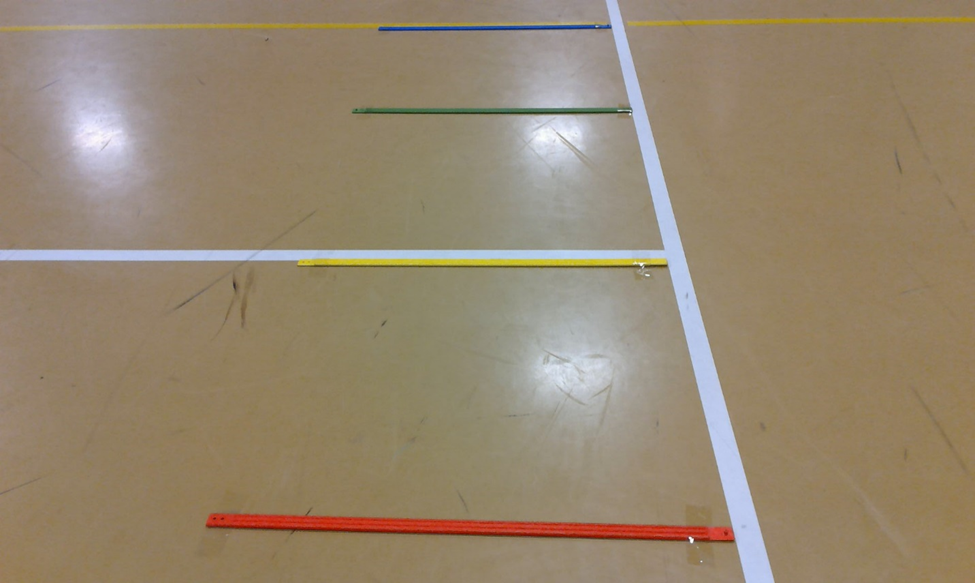
1. Bubble wrap is great fun! The big bubble wrap is the loudest and works better for students that may walk through the course but the smaller bubble wrap will work.
2. A favorite!! The PVC structure (or two put together) and covered with a sheet of black plastic, create a tunnel to walk or wheel through. Add: Lights.

Items to brush up against.

Eyes on the outside to give it some personality.



1. Plastic strips called gym slates, or rulers provide the feeling of riding over a railroad track.



1. A different structure to suspend items from:

An archway created with three- five foot pieces of PVC connected with two tees (or elbows). Two large cones are used for the bases.

Add: scarves

Srips of crepe paper

Fan !!!! to blow on the students

These are some of the ideas I have come up with so far. I come across new ideas for things to try on a regular basis. Adding a new structure or obstacle is a process of trial and error, so don’t give up if something new doesn’t work the first time! Please share any ideas you come up with- it is always nice to try something new! Think outside the box!