

# MAZES AT HOME

## FOR AGES 0-5



### HOW TO CREATE A MAZE AT HOME

Mazes encourage children to jump, spin, hop, balance, frog jump, skip, crawl, perform push-ups, bear walk and perform other large body movements. These movements provide many benefits for all ages of children, teens and adults, including relieving stress, coping with emotions, helping with refocusing, physical exercise, coordination, and they're just FUN!

**There's no wrong way to do this as long as your kiddos are moving!**

Possible materials to use inside the home:

- Painter's tape - lay down tape in a hall, a room or garage.
- Use non-slip matting or bathmats to create targets for jumping and moving.
- Create multisensory sections for children to explore with their feet and hands. Indoor paths could include cotton balls, yarn, carpet squares, fleece, felt, rope -- anything with a texture.
- Cardboard boxes in lots of sizes!
- Use items of different shapes and colors.
- Blankets and pillows!

### INDOOR IDEAS

**Use these ideas to encourage children to move and create their own indoor activities!**

- Jump over stuffed animals
- The Floor is Lava
- Throw crumpled paper in a basket
- Run around couch/table
- Act like an animal: monkey, dinosaur, cat...
- Crawl through a cardboard box
- Wall push-ups, jumping jacks, squats and lunges
- Tape a spider web on the floor using painter's tape
- Build a blanket fort
- Build a tower out of blocks, cans, boxes, or cups
- Jump criss-cross
- Hop on one foot while skip-counting
- Hi-5 the wall
- Dance Party!

### OUTDOOR IDEAS

**Take these ideas outside!**

Create multisensory activities for children to explore with their feet and hands. Outdoor mazes could include stones, bricks, sand, dirt, water, tree stumps – anything in nature!

- Jump over stones
- Hop back and forth over a stretched-out hose
- Run around trees/benches/plants
- Hula hoop/ jump rope
- Ride a bike/ skateboard to the next station
- Use any playground equipment you have: swing as high as you can, go down the slide 3 times, etc.
- Balance across a piece of wood on the grass
- Zip in and out of cones placed on the ground (or pots, buckets, etc.)